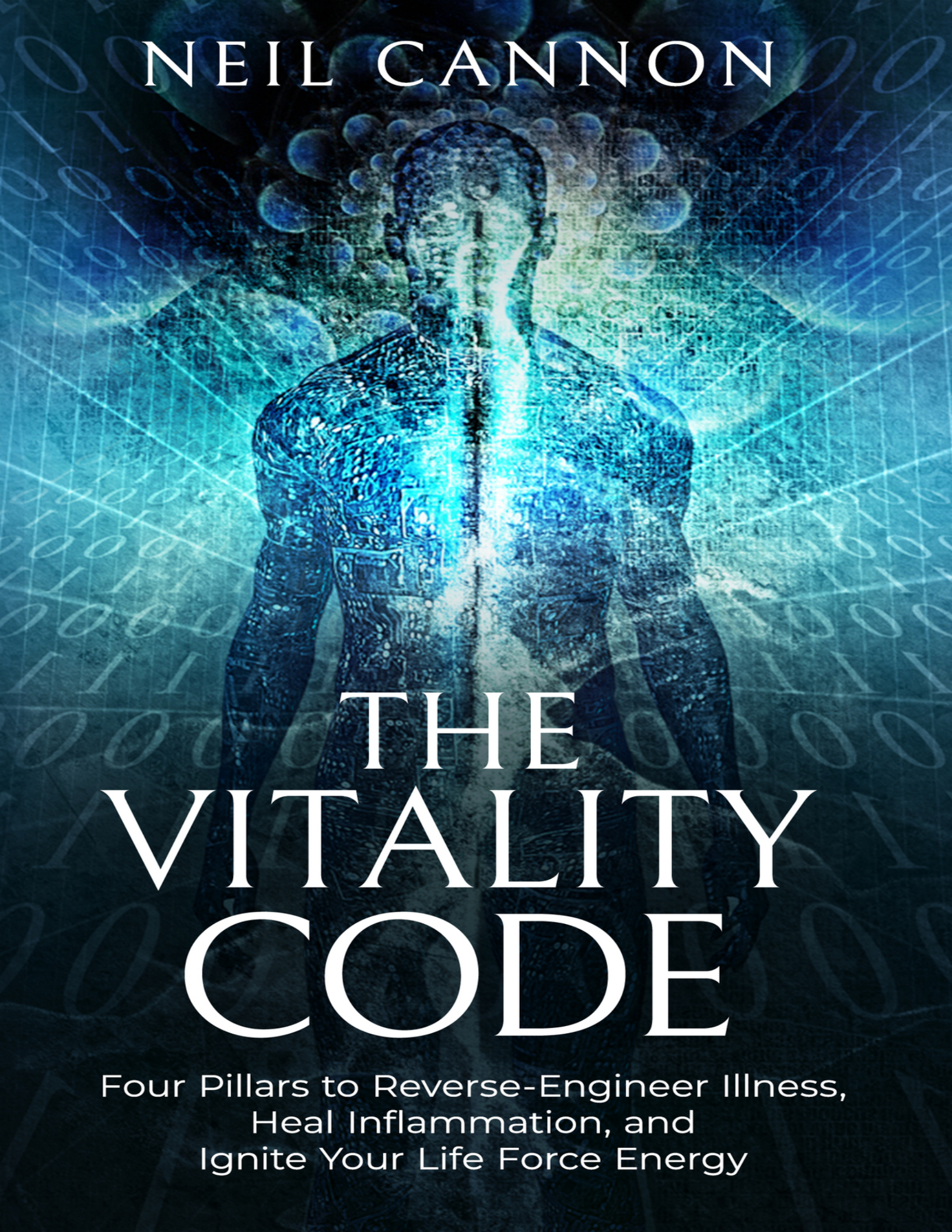
NEIL CANNON
THE VITALITY CODE
Four Pillars to Reverse-Engineer Illness, Heal Inflammation, and Ignite Your Life Force Energy

The Vitality Code

Four Pillars to Reverse-Engineer Illness, Heal Inflammation, and Ignite Your Life Force Energy

NEIL CANNON

For additional resources, cheat sheets, tools, bio-hacks, podcasts, and bonus material, sign up at: VitalitySecret.com/Codes

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DEDICATION

I would like to dedicate this book to my father, Tony Cannon. As challenging as it has been to witness your suffering, in doing so, I have discovered an entirely different and elevated way to approach my health (and life), and to support the health and lives of others, in ways that I never imagined possible.

This book, I expect and hope, will inspire many more.

Thank you, Dad.

PS I hope you are ok with the American English ☺

ACKNOWLEDGEMENTS

To all my clients since 2015 who trusted me to be their guide, their coach, and for having the courage to “step outside of the box.” I learned and grew with each one of you.

To my METAL brothers, and my “breathing brothers.” You have been instrumental. Thank you, Ken Rutkowski, for founding it, for all you bring to us, and to all the team.

A huge thank you to Dave Asprey for your endorsement.

To Michael Drew, for hosting the book writing retreat where I wrote most of this book (starting again from scratch). Thank you to my fellow authors on the retreat who have been supportive.

To Christine for your unwavering encouragement and belief in me and support with the design, and for being at my side.

To my mother and sisters for your love and encouragement during the process and for your feedback. I hope you, too, are ok with the American English. ☺

To my friends who are cheering me on.

Thank you to all of you who pre-purchased this book years ago, and for your patience. I hope the result is worth the wait.

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ENDORSEMENT

“The Vitality Code is an easy read, but don't let that fool you - it's packed with powerful information that can help you reverse chronic symptoms and optimize your biology in ways you never thought possible.

Neil Cannon goes beyond the mainstream approach to addressing sickness. This book shines a light on practices and approaches to health that deserve the spotlight on them, such as functional medicine, naturopathic medicine, and biohacking.”

— Dave Asprey, Father of Biohacking, 4x NY Times Bestselling Author, Host of The Human Upgrade Podcast, CEO of Upgrade Labs

TESTIMONIALS

“My life has been transformed since working with Neil Cannon. We addressed each pillar of Vitality outlined in this book. My sleep has dramatically improved as has my flexibility and mobility. I now feel empowered, have increased energy and a heightened zest for life. If you want similar results, I highly recommend Neil and this book.”

— Rob Angel, Inventor of Pictionary

"My 8-week session with Neil was nothing short of life-changing. I quickly learned that my constant feeling of nausea, fatigue, inflammation was not normal. My entire energy changed for the better! I fell asleep faster and easier, slept better, woke up easier, had clearer skin, no bloating, and the aches and pains basically went away.
During Neil’s program, I also made the decision to get off my bi-polar medicine. 3 Months later - no medicine and I

have no plans to go back on it!
I can now manage my mental state better simply by being more in tune with my heart, brain and gut.

Overall, Neil's program helped me so much and I am grateful for all the knowledge I can take with me the rest of my life!"

— Ali Rosen, Miami

"I have no pain in my back…it's been about 2.5 months and I've lost nearly 3 stone (42 pounds). My clothes are nearly not wearable. Some of them are literally no good anymore. I don't have to take painkillers anymore, which is huge. I can't thank Neil enough. His work is nothing short of a miracle. I feel amazing. People remind me of how good I'm starting to look and that blows me away. I didn't think I'd ever get the compliments I'm currently getting now. I thought it was mission impossible. Thank you, Neil. Seriously, you've done a lot for me, and I'll be forever grateful."

— Jye Swan, UK

"I was interested in getting involved with Neil because I understood him to have expertise in inflammation. Given I am 65 years old, I didn't want the quality of my life to deteriorate like it did with my parents. My father agonised in pain and was on pain medications. I didn't want to go down that route. To put it into a nutshell, my body is devoid of aches and pains. It's quite remarkable. I'm much more focused about what I put into my body. More recently he's turned me onto breathing. I didn't know how to breathe properly! I wasn't breathing from my diaphragm. Now it's more automatic. It's life changing. Seeing and feeling the benefits is remarkable. I highly recommend working with Neil. You'll be happier for sure as your issues will disappear."

— Paul Morin, Los Angeles, California

“When I think of Neil Cannon…my life is completely transformed in so many ways. Neil promised you vitality, but it's a lot more than that. What I've experienced has been so incredible that I must share it with the world.

It's like an overhaul. We did some tests, heavy metals, testosterone etc. Everything now is green. It wasn't, now it is. I learned how to breathe and connect with myself. That has been transformational because it's adding oxygen to every single cell of my body. Plus, I added attention and meditation. This is connecting me to a higher level and amplifying me to levels that I never thought was possible.

I started with 230 pounds. Today I'm doing 217. I'm going to be at 207.
What Neil does is helps you connect to what you already have inside. That's the magic of it. I highly encourage you. Just go out and live with the most vitality because that's what Neil does. Thank you, Neil, my brother.”

— Zef Cisneros, California

“Before working with Neil, I was struggling with a lot of stress, having moved to a new city combined with a pandemic. I didn’t feel connected or happy. With the energy work I did with Neil, he was able to identify specific emotions, where they were trapped, and how to release them, as well as giving me everyday tools and tips on how to start and end my day. Now I feel much lighter and more productive, and no matter what life throws me, I know I have great tools having worked with Neil.”

— John Livesay, Texas

“I am very pleased with your program. As you know I have done well adapting to a new way of life in my food choices.

You have given me a greater understanding in making the right choices in my nutrition and cooking habits. My weight continues to slowly drop. I started out with 238 and now I am down to 214. I am feeling better and daily feel the inflammation pain going down to more manageable levels. Blood sugar levels down, too.

I want to thank you for helping turn myself around and helping me with a new lifestyle."

— Mary, California

"I absolutely loved working with Neil on his health coaching programme.

I've had a couple of chronic health conditions for most my life and tried almost everything possible, but I'd almost resigned myself that nothing could improve things. Neil thought differently and took a totally novel, holistic approach, using some awesome therapies I'd never experienced before to help identify the many underlying causes of these conditions, then creating a plan to help reverse & heal them.
Even though it's early days, I'm already amazed to have noticed some dramatic improvements and can't wait to see what else will happen!

It was truly inspiring and a total catalyst for change emotionally, mentally & physically. Thank you, Neil!"

— CJ Neale, London

"When I first met Neil, I really wanted to lose weight. It was out of control. All my labs are getting healthier. Aches and pains within my body are better. I had chronic back pain and knee pain. For Neil to be able to connect the dots, hold me accountable, help me learn practical steps… from breathing, to weight training, to proper eating, to being more tuned

into my body, my heart…It's been an amazing experience. If you are overweight, suffering from chronic pain, and you feel that your life plan is pre-determined…I felt my fate was my father's fate, and he's turned that around. I feel that the sky's the limit, that I am a new person. I really appreciate everything you have done for me, Neil, and I know you can help lots of others. Thanks."

— Tod Johnson, Seattle

Working with Neil Cannon has been awesome. This journey of Vitality that he has been my guide and leader on has been both eye-opening, and instructive, and where I started and where I am now are profoundly different. I feel more connected to the Earth, feel less encumbered by inflammation. I have learned how to breathe. I would highly recommend anyone who wants to improve their physical journey to go on this journey. Oh, with weight loss, I'm down almost 50 pounds now.

— Ian LeWinter, California.

We focused on inflammation in my body, diet, spiritual well-being. My doctor called my progress in the last year remarkable. Transformation for me mentally, physically, spiritually has been incredible. From the way he coached me on this Vitality journey, as well as helping me lose 15 pounds of weight, keeping it off…my blood work has improved. My inflammation score came down. My doctor said *"wow, that is a remarkable change in your body over such a short period of time."* Neil has made a massive impact in my life. I would highly recommend Neil, he's been amazing for me, a worthwhile investment. Thank you, Neil. I really appreciate it."

— Alex Camara, Seattle

“A friend of ours lent us Neil’s book, *The Vitality Secret*. Before working with Neil, we were jaded, lacked focus & needed direction to get fit, healthy and back on track. With Neil’s guidance on all elements of physical, mental, emotional & spiritual aspects of life, and his passion and enthusiasm for helping everyone, we embarked on our journey together. We have surpassed all our expectations! And it was fun! Paul has lost a stone (14 lbs), I have lost 10 lbs, we both have more energy & zest for life! So, if this process can work for two 67-year-olds imagine what it could do for you.
We would both highly recommend this amazing journey & it was worth every penny.

— Paul & Christine
Leeds

“In December 2016 I was diagnosed with type 2 diabetes, that same day a friend recommended Neil’s book to me. Three months later I was told I had significantly reversed the diabetes. The biggest change is how much energy I now have. I do things at a weekend rather than feel tired and just fall asleep on the settee. The side effect of this change of diet is the weight loss. I’ve gone down 9 inches on my waist in just five months.”

— Drew Salmon, UK

“Neil helped me transform pretty much everything that I see about food and drink, to the extent that I have been able to make permanent lifestyle changes. I lost around 11kg in weight to reach 17% body fat. I've seen several minor health complaints simply disappear. I have better sleep and I wake up easier in the morning. I don’t have abdominal

cramps or indigestion anymore, and my energy has increased. Thank you, Neil”

— David Edson, London

“I signed up with Neil's coaching for The Vitality Secret. We did a lot of healing on my body such as releasing emotions, very valuable, which I've never experienced before. So it was very unique to Neil and his compassion and his wisdom was great to experience in these eight weeks. And the transformation seems amazing to have gotten less pain in my organs. Very vast different sources of education, too, including The Body Electric, with many different avenues of healing and modalities. It was an amazing experience. And I would highly recommend Neil and get his secrets for vitality.”

— Chuck Orozco

“I am a 71-year-old male. I was ready to make a lifestyle change because I knew the medications I was taking weren't doing anything more than just masking my health issues and, in some cases, actually making me feel worse.

I made the commitment and started to work with Neill. I can honestly say this is the best I've felt in years. I recently had my blood work done and my doctor couldn't believe the difference. I've lost 15 pounds, I sleep great, I have lots of energy and I no longer take any over-the-counter medications.

I no longer suffer with arthritis in my ankles. By changing my diet, I rarely get headaches now. I'm very happy with the results I have experienced with Neil and have referred several of my friends to him.”

— Sincerely, Harris Kivitz

“My mindset is different - the way I look at food is different. The quality of my life with my children has greatly improved. For me, it was life-changing, and the best thing I’ve ever done…I burned 42 pounds of fat in just over 6 weeks…my arthritis has totally gone…and one final twist was the plaque on my teeth literally falling off! I highly recommend this programme….”

— Mark Hayworth, UK

“I live my life LOUD and Neil Cannon, who is one of my favorite people in life, showed me how I can live my life LOUDER. I recently worked with him on his Vitality Journey program, and we covered the Physical, mental, emotional, and energetic pillars of health. We worked on reduction of pain, (I’m a drummer and an athlete), reduction of inflammation, and overall health and wellbeing. It’s one thing to learn information, it’s another thing to follow through and put it into a daily practice. I loved working with Neil every week. He is patient and loving and is always researching and coming up with the latest and greatest ways to live an amazing life. Neil will help YOU live a healthier and happier life.”

— Kenny Aronoff, Drummer - Speaker - Author
“Voted Top 100 Greatest Drummers of All Time” -
Rolling Stone Magazine. Recorded over 300
million records in sales.

CHAPTER 1

THE WAKE-UP CALL

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique.”

— Martha Graham

We are living in revolutionary times, as it is becoming increasingly evident that we humans have more power to heal ourselves than we have ever known. We are also more immune and resilient to anything than we have ever been allowed to believe. Not just that, but we hold what most would refer to as “superpowers” that enable us to do far more than we can imagine.

My desire is to inspire in you new ways to approach your health that will help you to *reverse engineer* your symptoms, boost your immunity, and awaken an abundance of *Life Force* energy and Vitality in every area of your life.

Success leaves clues. People around the world are reversing so-called “incurable” illnesses and “genetic” diseases without medical intervention, that the media rarely covers. One must look for them or be told about them through word of mouth. My intent is to unearth, organize and simplify for you, these ground-breaking health clues.

Everyone in my network of holistic health professionals has received a “wake-up call” that caused an inflection point

in their lives and a diversion from their path. In every case this wake-up call led to a positive outcome and a new and truly exciting journey thereon. Honestly, I never planned to work in the health field. My career-passion was always in real estate development!

A wake-up call put me on a whole new life path and opened more doors than I could ever have imagined, without having received it. What I have found is that wake-up calls jolt you so hard out of your existing thinking and beliefs, that you begin to question everything. And I *do* mean — *everything*.

“No problem can be solved from the same level of consciousness that created it.”

— Albert Einstein

My own suffering revealed opportunities that, prior to “the call," were out of sight. They didn’t even exist. A friend in a breathwork group I lead recently said to me that he considers vanity as the gateway to consciousness. I thought about it and decided to *mostly* agree, and made an adjustment; I consider *sickness* as a gateway to consciousness. When we receive the wake-up call, and *truly hear it*, it inspires radical action and change and an up-level of awareness and consciousness. Many hear it, others do not. It is often received yet ignored.

So, what was *my* wake-up call?

I suffered from eczema for 30 years since I was a toddler. My mum would put white gloves on me when I went to bed to stop me scratching in my sleep. I wore them until my early teenage years. Often, I’d wake up with holes in bloody gloves. I’d be teased by my friends at school for the eczema on my arms and behind my knees and on my hands and neck.

Some people grow out of it. I did not. It got noticeably worse during times of stress, such as during exam times, particularly around the ages of 16 and 18 (when I was dating girls), when it spread to my back and over most of my body. Whenever I went to the doctor, I'd always be prescribed the same treatments — steroid creams (that have left pigmentations on my skin), harmful prescription moisturizers (with toxic ingredients like parabens), and, for the worst times, antibiotics to ward off infection. Antibiotics harm your gut microbiome. Some functional medicine doctors state that it can take a year to recover gut health. I refer to your gut as the body's engine. It's where energy is created in the metabolization process. These short-term solutions can be harmful to the engine of the body and in my case the eczema returned after treatment ended.

I continued to suffer from eczema throughout my twenties. I'll never forget walking into the office in my late twenties when I saw a friend in the corridor who exclaimed, "Woah! What's happened to your face?!" I had scratched my face during the night, and I sheepishly joked that I'd been attacked by a wild animal.

You might be thinking, "Well, I guess you started to research eczema so you could get rid of it." Not quite. It wasn't until I witnessed my father suffer a life-altering stroke, which shook him and our entire family, that my own recovery began. My intuition told me his stroke was avoidable. I couldn't explain where this innate "knowing" came from, but I was certain of it.

My new quest was investigating the cause of my father's stroke. I correlated that the underlying causes of his asthma, high blood pressure, and stroke, were also behind my eczema. I then took action to naturally get rid of the chronic underlying cause, to make the symptom "*eczema*" disappear. I cannot say I'm *cured* of eczema since eczema

is a symptom of an underlying cause, and if the underlying cause returns, it's likely eczema will return.

For some, one massive wake-up call will create a diversion in their lives. Multiple wake-up calls inspired me to think very differently about the world of Western Medicine and connected systems I will explore in this book. I believe understanding the origins of modern medical systems will reveal what has kept you from a fundamental understanding of the human body, and perhaps your own healing and Vitality.

My previous book, *The Vitality Secret* (2016), revealed that chronic inflammation is the underlying cause of almost every chronic illness that exists today. Since 2015, I've helped my clients reverse a variety of symptoms of chronic inflammation, including, but not limited to, eczema, acne, rosacea, IBS, pre-diabetes, type-2 diabetes, high blood pressure, high cholesterol, arthritis, gout, migraines, obesity, low testosterone in men, chronic pain, brain fog, and depression.

The Western world has become increasingly toxic, leading us into a pandemic of sickness or, more accurately, a pandemic of chronic inflammation. Not only does chronic inflammation underlie virtually every chronic illness, aka *pre-existing conditions,* and *comorbidities*, it accelerates the aging process. It has aptly been dubbed *inflammaging*.

In this book, I will present to you a cutting-edge way to approach your health.

Sadly, most people live life sub optimally. Many are dependent on a "sick care" system where aging adults are prescribed a cocktail of life-debilitating, and Vitality-draining medications. The body does not get sick because of a pharmaceutical drug deficiency. While pill cocktails are a social norm, they are absolutely not a biological norm. The body is intelligently designed to heal itself when what

stands in the way of good health is removed and we provide it with what it needs.

The conventional norm has very intelligent people popping pills to become slave to a vast and powerful $3.6 trillion medical industrial complex that influences governments and relies on mainstream media to shape the beliefs and behaviors of the vast majority of the population. Most have simply forgotten the sheer power of their own bodies and what they are truly capable of.

I want to remind you of your power.

Success leaves clues — and codes. Over the last eight years, I have developed a formula through passionate research, and commonalities curated from interviewing people who have reversed serious “incurable” illnesses (according to Western medicine). I use this formula every time I coach my private clients and students in my online courses.

I will be sharing this formula, and these *codes* with you in this book. It is not just about diet and exercise, which are important. I am going to take you on a journey through the Four Pillars of Vitality — Physical, Emotional, Energetic, and Mental. One pillar alone is not normally enough. The holistic approach to health and Vitality means addressing the body as a whole.

As you read this book, I expect you will be increasingly fueled with curiosity and enthusiasm to approach your health in a way that will unleash the true essence of who you are by attending first to the vessel in which you reside — your body.

Too many people suffer unnecessarily from sickness, illness, pain, low energy, depression, life-debilitating conditions, and the side effects of medications. You can escape the pandemic of sickness. You can live a life rich in Vitality and allow your Life Force to flow through you.

Epiphany #1: All Illness Is a Result of a Root Cause

Your body's ability to heal is greater than you have ever been allowed to believe.

Have you ever thought to yourself, "If *they* can do it, *I* can do it"? I take this approach whenever I hear about anyone reversing one of Western Medicine's "incurable" conditions. People are reversing cancer without a single medical intervention, while others perish with treatments that are known to cause cancer. And people are in remission from Crohn's Disease, Multiple Sclerosis, Fibromyalgia, endometriosis, gastroparesis (paralysis of the stomach), lupus and Lyme — without medical intervention. Others with these illnesses take a cocktail of drugs and degenerate slowly, believing they can do nothing about their decline, because they've been given a diagnosis and prognosis by a medical professional.

Some hear about accounts of reversing the illness from which they're suffering, but don't explore further since their doctor is not familiar with such success, and findings are not supported in clinical trials with hundreds of people. New methods are not regarded as "science" and therefore unworthy of any further attention – to some.

I invite you to suspend all disbelief and consider: *If they can do it, I can do it.* I've spoken about these healing stories on my podcast, which I was inspired to launch when at Burning Man, where I met a wonderful human and friend, Kerri Van Arsdale, who told me of her tremendous success in reversing Multiple Sclerosis (MS). Our interview blew my mind. After this, I began meeting (or attracting) people who had reversed a wide variety of "incurable" illnesses, and I continued to research their tools for success.

Someone who receives a prognosis of cancer from an oncologist, about having X months to live, may do no research beyond the opinion of one form of medicine. They accept it, and often perish. For her book “Radical Remission,” Dr. Kelly Turner interviewed 100 people who radically reversed Stage 4 cancer without a single medical intervention. She asked each what they believed was the cause of their cancer. It's interesting looking at readers’ comments on Amazon. Some did not like that question. A number of cancer survivors reported, “***Cancer saved my life,***” and some even say that they would never change it — because of the doors that opened up for them. Isn’t that profound?

Suffering from eczema for thirty years and witnessing my father’s stroke opened doors for me. In a roundabout way, I realized that my father’s stroke was *my* first wake-up call. Prior to that, eczema was an annoying, incurable “genetic disease.” My dad’s stroke led to “Epiphany #1” — that behind every illness or symptom is an underlying cause, under which are one or more root causes. This knowledge enabled me to heal myself and assist others in healing themselves of eczema and many other symptoms of inflammation.

Vitality Secret #1: Get to the Cause(s), Heal Your Body

I now view eczema as a gift, like a warning like on the car dashboard, telling me my body is out of balance and requires attention. Without the warning light (symptom), my body would be degenerating without my knowing, and I’d likely never be on this incredible path discovering my superhuman abilities and our potential as humans.

For example, I would never know that we can reverse engineer any illness by understanding principles of the body electric. Or that we can heal our bodies with thought and emotion. Or how we can tap into a quantum world to enable rapid healing and even influence our world outside of our physical bodies by understanding energy. That is the exciting part to all of this! It's almost like a reward!

Many people with eczema take steroid creams, use harmful prescription moisturizers, and consume endless rounds of antibiotics, unknowingly causing more and more harm to their bodies. They might reach the age of 60 having suffered their whole lives. And then for some unknown reason they might sit an ayahuasca ceremony and have an *epiphany*, or even what feels like an "awakening," that inspires them to make some radical changes in their life. This enables them to heal from within and eradicate the illness or symptoms. (I'm not suggesting you sit in an ayahuasca ceremony; it was just an example of what can and does often take place.) When you address what is causing your illness, and replenish your body with its essential cell fuels, the body can heal itself. It is always healing and striving for balance – for homeostasis.

I had another "Aha! moment" or *epiphany* in 2015. This was a tough year for me. I lost three friends to cancer. Similar to my intuition around my father's stroke, I intuited that none of my three friends had to die, and that cancer was not what we are told that it is. If strokes and heart disease are avoidable, and every chronic illness (including cancer) is a result of chronic inflammation, and chronic inflammation is reversible, surely it would make sense that cancer is *also* a symptom of chronic inflammation, and thus, reversible?

I embarked upon another investigation. I was furious, and saddened. But what came out of it was freeing. It reminds me of the famous quote:

“The truth shall set you free, but first it will piss you off.”

— Gloria Steinem.

For me, the latter part of that is an understatement. Discovering the truth (or what I consider to be the truth) put me into a rage because I had lost three friends. Having said that, I would like to say that I used this energy for good to fuel my passion behind sharing this valuable information with the world. I created a lot of content and did my best to do it from a place of love, to not fear-monger and be solution-oriented. I discovered that people all over the world are reversing advanced and often “terminal” cancers, with no medical intervention. The human body is a magnificently designed, self-healing machine. Why don't we all know this? The loss of three friends in 2015 led me to Epiphany #2.

Epiphany #2: The Origins of the Modern Medical Industry

Epiphany #2 was discovering the “root cause” (if you will) of the foundations on which the conventional, modern medical system was built 113 years ago. I stopped blaming my doctor for not being able to help me for thirty years, and my dad’s doctor for not helping him prevent his stroke, immediately. I realized that it's not up to my doctor to keep me healthy anyway — that is my responsibility. Nothing is more empowering than being one’s own personal best health advocate.

I began to get particularly curious in my teenage years about why I would always leave my doctor’s office with the same prescription. Twenty years later, I discovered not only the underlying cause of my eczema and how to reverse it very quickly, but also the *root cause* of why my doctor kept on prescribing the same symptom-masking treatments visit after visit.

It is known that medical professionals receive very little nutrition training. I uncovered the origins of the training provided to conventionally trained medical professionals. This includes oncologists who specialize in treating cancer patients.

I feel that my passion for wellness, Vitality, and healing began in my teenage years as I began to get increasingly curious — maybe this can be considered a slow and gradual wake-up call?

I felt the pieces of the jigsaw puzzle all coming together. These two epiphanies jolted me out of the conventional paradigm of Western “Medicine” — and life in general. I started to question not only the world of medicine and Big Pharma, but other industries, like Big Tech, fossil fuels, how the government is influenced by lobbying from various industries, and the role of mainstream news media in creating a narrative — and beyond.

The majority of people I've interviewed who have reversed an “incurable” illness holistically are grateful for having experienced it — because of what happened next. It caused them to examine every angle of their life — what they were eating, if they were active or sedentary, their environment (internal and external), their emotional health, their thoughts and beliefs, their **traumas**, relationships that negatively impacted their lives, their job or work, their life’s purpose, how they were spending their time…and ultimately their connection to something far greater than themselves.

As we address the Four Pillars of Vitality, alongside your healing and newfound Vitality, you will likely experience an expansion of your awareness of our potential as human beings.

Stop Surviving, Start Thriving

“The way to thrive is to help others thrive; the way to flourish is to help others flourish; the way to fulfill yourself is to spend yourself.”

— Cornelius Plantinga, theologian

A few years ago, I asked my dad about his asthma. He said it started when he was 12 when he was asked to speak in front of a massive audience without any warning or preparation. When his asthma began, his doctor prescribed a localized steroid inhaler that my father has used ever since. He was never told that his asthma was reversible. In the Western medication community, asthma is not reversible. In the holistic and healing community, it is reversible. My father followed the Western Medication advice, and, thus, did not believe it was reversible.

Imagine living your whole life with the understanding you have a genetic “disease” and that your only solution is a drug, and then finding out decades later you didn’t have to suffer for that duration of time. A wave of Medicine is swiftly emerging called Functional Medicine, a discipline in which doctors are educated to get to the cause of your symptoms, instead of treatment with drugs, and to balance the body as holistically as they can. Getting to the cause is not limited to Functional Medicine — it is also now practiced in Naturopathic Medicine and other Holistic Medicine practices.

One of my favorite Functional Medicine doctors is Dr, Amy Myers. I read her book, *The Autoimmune Solution*, a year or so after I first published *The Vitality Secret*, and I was happy to see that our findings and our teachings were aligned. I updated *The Vitality Secret* to reflect her teachings on Leaky Gut and Gut Health.

Dr. Amy Myers was conventionally trained in Western Medicine. During her training, she developed Graves' Disease, which is the name given to an overactive thyroid. The standard of care in Western medicine for Graves' Disease consists of three options. The first option is to prescribe drugs that interfere with thyroid hormone production, which come with disastrous side effects. The next option is to destroy the thyroid cells with radioactive iodine, and the last option is to surgically remove the thyroid. Consequently, the last two options require prescription of thyroid hormonal medication for the remainder of your life.

The Western Medicine standard of care was all Dr. Myers was familiar with at the time (and trained in), so she followed that advice, had her thyroid destroyed, and is now taking hormonal thyroid medication. A few years after she qualified in Western Medicine, she discovered how limited her training was with regard to the treatment of chronic illness and disease. It was clearly biased toward prescription drugs and surgery, which simply did not work. Her patients were getting sicker, so Dr. Myers decided to retrain in Functional Medicine.

Dr. Myers quickly discovered that she didn't have to destroy her thyroid. Instead, she needed to heal her gut, as gut health has a direct impact on the thyroid — and every other organ in the body. She discovered that Graves was a result of Leaky Gut. The gut lining is a semi-permeable membrane that is designed to allow micronutrients to pass through/be absorbed. When it becomes "leaky," the gut lining is effectively torn, and undigested food particles and proteins, medications, and other toxins pass through the gut lining, causing a reaction from the immune system, which I call your *"army of defenders."* When these "foreign invaders" enter the bloodstream, the immune system does

not recognize them, and it goes into high alert, leading to an inflammatory response.

With autoimmune conditions such as Graves, Crohn's Disease, lupus, multiple sclerosis, rheumatoid arthritis, psoriasis, Type-1 diabetes (when developed in life), leaky gut causes your immune system to attack your own cells and tissues. In the case of Graves, the thyroid is “attacked.” In Type-1 diabetes, the pancreas is attacked. In multiple sclerosis, the brain is attacked. In rheumatoid arthritis, your joints are attacked. In psoriasis, the skin is attacked.

The great news is that leaky gut can be rectified, and systemic chronic inflammation can be minimized and eradicated. *No* drugs can do this (and often actually ***cause*** it). A number of people I’ve interviewed have reversed autoimmune conditions. Dr. Amy Myers devotes her life to helping others reverse autoimmune conditions. She might not be able to reverse the damage done to her thyroid, but she can help others avoid that unnecessary surgery and inspire them to lead a life rich in Vitality.

I noticed profound shifts in my skin when I paid attention to my diet and gut health, but eczema isn’t solely the result of poor food choices. My thoughts and emotions play a pivotal role. Habitual scratching, my go-to mechanism in times of stress, became addictive and completely unconscious. I had to reprogram my mind to stop scratching habitually and to calm my nervous system. And I still had to reach the ultimate cause.

Vitality Secret #2: Old Way, New Way

Old Way. The old way (or the conventional way) to approach illness is to go to the doctor often with an expectation to be prescribed a drug (or more) for a

symptom or illness. We allow the underlying cause to worsen, unnoticed (because drugs are simply masking the symptom aka your body´s warning light). This underlying cause might lead to something serious, life-altering, or worse. It is not uncommon for drugs to lead to another illness for which another drug is prescribed, leading to a downward spiral from a “pill for an ill” scenario to a “pill for a pill” scenario, zapping your Vitality in the process.

New Way. The new way is to become our own personal best health advocate, our own best doctor, find out why we developed those symptoms in the first place through a little reverse engineering, and embark upon a journey of self-discovery. We can identify where toxins come from, so we can address and heal the underlying cause, and allow the body to heal itself from the inside out. We need to remove what is harming it, get out of the way, and fuel it with all it needs to be in a state of true Vitality. We do not need to suffer! The human body is designed to heal itself. And Nature holds the answers, the keys – and the Codes.

The new way is to address what I call the Four Pillars of Vitality: Physical, Mental, Emotional, and Energetic. Here are some basic questions to consider:

- What is causing stress on your body, be it physical, mental, or emotional?
- Are you eating toxic “food” without any idea that it’s toxic, thus triggering a consistent immune reaction? It might be creating a symptom, cutting your energy in half, or causing depression or brain fog. What if it’s as simple as replacing one or two food types?
- Are you mostly sedentary, when the body is designed to move to be oxygenated and expel toxins? Are you over-exercising, which can create too much cortisol?

- Are you working in a job you dislike, where you are experiencing stress that is compromising your gut bacteria, which is your health engine for your whole body?
- Are you in an unhappy relationship?
- Is there mercury in your mouth, or an infected root canal, or any kind of infection in your mouth, causing other systems in your body to be compromised? I will address this in Chapter 9, The Body Electric.
- Could there be toxic mold in your house or other toxins causing you sickness?
- Do you live by an electrical cell tower or sleep next to a Wi-Fi router that might be affecting your sleep, and/or causing you to have migraines or depression, or any other symptom?
- Did you endure a severe trauma at any point in your life and not release the energy from it, which has left an energetic imprint, triggering a symptom?

Designed To Thrive

The new way allows you to go from a place of survival, to truly thriving. Becoming your own personal best health advocate allows you to unleash your true power so you can live a life rich in Vitality.

Epiphany #3: We Are Electrical Beings

“A characteristic of all chronic illness is low voltage to an organ”

— Dr Jerry Tennant

A health problem in 2017 opened more doors for me which I'll explain in greater detail in Chapter 9, The Body Electric.

In summary, I was unable to shake off a cold for longer than a month despite doing what I considered “everything” to be in peak physical health and vitality. My good friend and business partner recommended I see his chiropractic doctor who had helped him transform his health in three months. Within ten minutes, I was told that radiation from my cell phone had “depolarized” three teeth on the side of my mouth connected to my immune system. I had no idea what he was talking about. He explained to me that we are wired like a house, with different organs on different circuits, and that teeth act as “circuit breakers.” My ears perked up as I used to be an electrician. His treatment for me was to shine lasers on my teeth in order to balance the polarity. My cold quickly disappeared. A new avenue of research unfolded for me as I explored the body electric. I soon discovered that all illness is a result of a drop in voltage (power) to the respective organ, and later from an energy perspective, that all illness is a result of the lowering of frequency in the body.

Vitality Secret #3: Raise your voltage

To get to the cause or your symptom (s), you essentially “reverse engineer” why your body has fallen out of balance, and thus, why you have experienced a drop in voltage - a drop in your electrical power. You can remove any blockages and increase your essential cell fuels and raise the electrical energy in your body. A beautiful side effect of doing this, is that you then enable more of your Life Force energy to come through you which can be channeled into every area of your life.

Epiphany #4: We Are Energy Beings, As Well As Physical

Can you relate to having an “inner knowing” - an intelligence that comes from within - that you are more than your physical body, and that you have untapped gifts? This is how I felt from a very young age and was only ever able to piece the puzzle together in recent years. A level of curiosity and open mindedness on the topic of there being some form of intelligence behind life and creation led me to quantum physics and how empowering principles marry with lost (or suppressed), ancient teachings. This is when life began to get truly exciting for me and I do not know if I'd have ever discovered what I know now, had it not been for my own health challenges that I resolved thanks to my father´s stroke - my first wake up call. Could illness be the gateway to consciousness?

Undeniable data shows us that meditation has a profound effect on human biology. Scientists and doctors acknowledge it, although science does not know *how* it happens. There are current pioneers in this space whom I will introduce you to in Chapter 12, Going Quantum. People around the world are experiencing spontaneous remissions or near-to spontaneous by tapping into the quantum realm. For example, events are being held globally where one can attend, learn the teachings, implement the practices, meditate, and experience rapid self-healing. Science has proven, and continues to prove, that we can heal the body through thought alone. The Placebo Effect is one way in which this is demonstrated. I have discovered that we can heal ourselves with our minds, and with our emotions. We can also heal ourselves, and others, with energy. Not only that, but we can influence our life experience external to our physical bodies with our thoughts, emotions and ultimately, our energy. And so much more.

Vitality Secret #4: Tune into Your Energy Body and Take Your Power Back

The fourth pillar of Vitality is Energy/Quantum. I don't like to use the word Spiritual as it can come with negative connotations for some. I will therefore use the word energy, as most can relate to this from physics lessons at school. In this section of the book, I will present ways in which you can tune into your “energy body” so you can accelerate your innate healing abilities and health and vitality optimization. You will likely notice how your life changes for the better as you raise the energy in your body, and you might just discover energy — and the power — you never knew you had. And awaken your Life Force energy.

In the next chapter, you will meet your own personal army of defenders.

CHAPTER 2

YOUR ARMY OF DEFENDERS

Have you ever wondered why some people appear to get ill all the time, and others do not? Do you know people who reverse illnesses and others who do not, and stay on medications? Do you know people who look a lot older than their biological age, and others who look a lot younger than their biological age? It’s not just genetics. You might know of someone who has developed a serious illness, and is so surprised because prior to that, they rarely, if ever, got sick.

Here I’ll share what I have discovered about the power of our immune system, simplify how it works, and how you can strengthen it to reverse chronic symptoms and be resilient. I refer to the immune system as our “army of defenders.”

We will cover:

- the role of your “army of defenders,” aka your immune system
- acute inflammation and systemic inflammation
- chronic symptoms versus disease or illnesses
- toxins out; fuel in
- empowerment around your own health

Perhaps you know people who will catch a bug or a virus whenever there´s one “going around," whereas others seem to rarely get sick. In 2015 I attended an intensive Tony

Robbins event called “Date With Destiny.” I was warned by a friend of mine who had already attended to look after my immune system as apparently most get sick. We were 2,700 people in a room, put through our paces for 6 days, early morning, until very late at night. I didn’t do anything too different to my usual routine other than take a few more vitamins. At the end of the week, within a Facebook group, most were complaining of being ill — except for one other person and me, that I know of.

The other person who wasn’t sick was also a nutritionist. She did almost the same as I did. I’m not sharing this story to show off. I'm sharing this story to impress upon you how resilient we can be when our immune systems are optimized.

Much of the immune system is located in and around the gut — around 70%-80%, according to Functional Medicine. As long as the body is sufficiently fueled, and not overloaded with toxins, most people can have a healthy immune system. When the immune system is on overdrive (protecting us from current levels of “invaders”) or is overactive, the immune system becomes compromised. One way our body uses this is with chronic symptoms.

If one is *chronically inflamed*, the immune system becomes compromised. You cannot be chronically inflamed and have a strong immune system. The two cannot coexist. At the Tony Robbins event, I made sure to stick to high quality anti-inflammatory nutrition. I decided that the best way to stay Vital and not get sick was to be as anti-inflammatory (avoiding toxins) as I could be, and ensure I was fueling my body at the cell level. I couldn’t do much about my lack of sleep, as I didn’t want to miss any of the events. That said, poor quality sleep alone is enough to compromise the immune system.

You're likely thinking: "What exactly is *inflammation*?" There are two types.

Acute inflammation occurs when you injure yourself. For instance, you sprain your knee. Your body warms up the wound causing it to swell. It fills up with specific fluids designed to heal the area, and it becomes painful. This ensures no further damage is done to the injury. This kind of rapid inflammatory response is normally short-lived.

Systemic inflammation is similar, but different! It's when the immune system deals with invaders. The immune system does not recognize them. When it comes to "food," a solid rule of thumb is: If it is fake, man-made with added chemicals, preservatives, laced in pesticides and herbicides, fed antibiotics, pumped with hormones, farm-raised, the chances are your immune system will not like it and consider it an invasion — for your protection. A friend and ex-client recently asked me "what is a toxin?" I said: "Anything that is not in alignment with The Nature Codes."

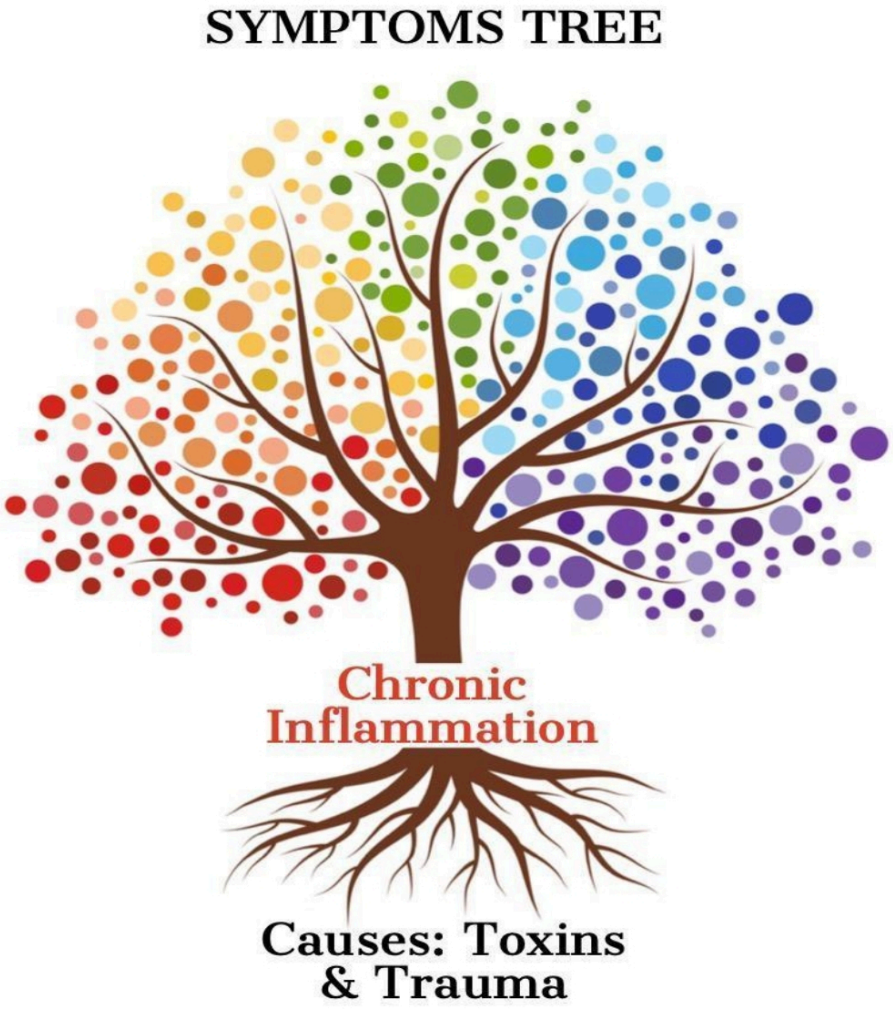
"If you do not recognize an ingredient, your body won't either."

#Inflammation

Your immune system will likely perceive that the body is under attack. Inflammation itself is a very healthy response. Without it, we'd die. It can be dangerous because when left unchecked or ignored (normally unknowingly because symptoms are often ignored), it lingers beneath the surface, worsening, until something drastic happens, *seemingly* out of the blue, like a heart attack or stroke. It can also be dangerous because you can have inflammation without a symptom telling you so, which is why I believe it is important to test regularly for systemic inflammation. I would argue it is one of the most important tests we can do – and rarely do.

Toxins come in many forms, and each can trigger an inflammatory response. Food is just one of many considerations. Healing the body normally requires treating the whole — a holistic approach — hence the Physical, Mental, Emotional and Energetic Pillars of Vitality presented to you in this book.

Chronic inflammation is known to be the foundation for almost every single chronic illness and disease including most skin conditions like eczema, acne and psoriasis, asthma, diabetes, depression arthritis, hypertension (high blood pressure), obesity, cardiovascular disease (heart disease and stroke), cancer, neurodegenerative diseases including Alzheimer's (now dubbed type-3 diabetes) and Parkinson's. That list is not exhaustive.



Chronic inflammation increases our sensitivity to pain, and it accelerates biological aging. This means inflammation makes you age faster. (It has been dubbed *inflammaging*.) Inflammation accelerates free-radical damage and suppresses healthy immune function. This is why you will likely know 50-year-olds who look 60 and 50-year-olds who look 40.

The great news is that systemic inflammation is reversible, and naturally. Anti-inflammatory drugs on the market normally treat acute inflammation, and some can cause systemic inflammation. The beauty about all of this, is that in time, you'll have full faith in your own innate immune system and know that Nature makes no mistakes. In my opinion, the "Nature Codes" are superior to any medical intervention when it comes to chronic illness and disease.

When you do what is necessary to reduce or eliminate inflammation from your body, you'll notice symptoms ease and hopefully disappear, hormones might balance, your energy will likely improve, and you'll feel more optimized and Vital.

How do you do this? Look into what might be causing toxicity in your body, remove or reduce it, and ensure that you fuel your body at the cellular level. This is not just food. We must, or rather, *"get to",* breathe, and breathe well. Most of us do not breathe effectively! We will explore this further. We *get to* hydrate with the purest of water money can buy. We *get to* consume food that consists of true nutrients and is not just "stuff." We *get to* detoxify and eliminate waste. We *get to* sleep well. And we *get to* remain calm, relaxed, happy and joyful, as much as we possibly can, and enjoy life.

Your immune system is immaculately designed. I encourage you to get to know it, and develop faith in it, so you can control your own health and body, reverse-engineer

symptoms using the Four Pillars Of Vitality and discover the energy you never knew you had.

Look after Your Engine

“Every day we live and every meal we eat, we influence the great microbial organ inside us — for better or for worse.”

— Guilia Enders, author of the *New York Times* bestseller, *Gut*

Heal your gut, heal your life. Here I will discuss with you what I consider the “engine” of your body, its involvement with your “army or defenders,” and how this is a focal point in reversing any chronic symptom. In turn, this will help you have a healthier and more resilient immune system.

We will discuss:

- the gut-skin link
- your community of microbes
- Leaky Gut & autoimmune disease
- the 5 Rs of Functional Medicine

I will never forget a call I received from a newly qualified doctor in Sydney at the end of 2018. I was fortunate to be in Brazil, in a kitesurfing location called Jericoacoara, sitting on my balcony working, waiting for the wind to arrive. Just prior to my afternoon kiting session, I took a call from someone who found me online and had booked what I call a “Discovery Session.” She found my content on YouTube on reversing eczema, felt inspired, and wanted to discuss her atopic dermatitis.

She told me she had weeping skin, head to toe. Imagine the top layer of skin non-existent and instead the skin beneath wide open, gaping, and weeping. This is what she had. I’ve had this to a degree, on my neck, hands, and arms, but nothing like what she was experiencing. This is

extremely sore and painful. I cannot fathom having that all over my body. At the beginning of the discovery session, she shared that she was a recently qualified medical doctor, and that the treatments she was undergoing were not working. She had been put on six courses of antibiotics that year.

I asked her what she knew about the link between the gut and skin. She had been doing her own research outside of her training and said she'd seen a lot of content on it from holistic health practitioners. It cued me to ask if she had learned anything about gut health during her training. She told me that her training was mostly about treating symptoms and that the gut didn't come into it. After a little more time, I suggested that it would be cool if, when she healed her gut and her skin with my help (or with someone else), that she then shared her success within the medical community.

Without hesitation she informed me that there was a lot of resistance in the medical community to the gut-skin relationship, and that her dermatologist had categorically told her that there was no link between gut health and skin health. (Reflecting on the conversation later, I thought that that was like being told that there is no relationship between the engine in your car and your car moving. The gut is the engine for your body. It is where we metabolize, and where energy is created, and it impacts most, if not all, systems in the body.)

I wish there was a happy ending to this story. I followed up with her a few weeks later and she told me that she was in hospital on another round of antibiotics (IV antibiotics). My heart sank. I invited her to contact me if/when she was ready. I never heard back.

Antibiotics are clearly powerful in an emergency, but they might come at a cost to the health of your gut, which is where 70-80% of your immune system is located. Overuse is

where we can run into problems. Some argue it can take up to a year to recover from one course of antibiotics. There are natural alternatives to antibiotics. Antibiotics don't only destroy the bacteria in your gut causing the disruption, they harm *all* of the bacteria. And these gut bacteria, also known as your *gut microbiome*, are essential to your health.

Via a superbly complex and intricate system, the metabolic process creates energy and feeds every cell in our body.

Your Community of Microbes

Our microbiome is a complex ecosystem of bacteria (or community of microbes), located throughout our bodies, and mostly in our digestive system, our *gut*. The Department of Chemistry & Biochemistry at the University of Colorado[1] states that “the human microbiota consists of 10-100 trillion symbiotic cells harbored by each person, primarily bacteria in the gut. The human microbiome consists of genes these cells harbor.” Our individual microbiomes can be often referred to as our genetic blueprints, as they help determine our unique DNA, hereditary factors, predisposition to diseases, body type or “set point weight,” and more.

The health of our microbiome is a complex equation. Without thorough testing and analysis, all we can do is consume high quality nutrients along with other non-dietary methods to fuel the gut – including plenty of physical activity, sufficient hydration, sleep well and keeping stress to a minimum. It is recommended that we “eat the colors of the rainbow” for an optimum gut microbiome and a diverse range of foods.

You have likely heard, “You are what you eat.” I’d like to go a step further and say that “You are what you absorb.” If we’re consuming things that cause harm in the gut that might cause leaky gut, then the gut can struggle to absorb

nutrients, and this leaky gut challenge can lead to malabsorption and malnutrition (as well as chronic inflammatory health challenges including autoimmune disorders).

Imagine destroying or removing an organ in your body, and then realizing that all you had to do to save it was to attend to another organ that was causing harm to the one you lost. This is what happened with the aforementioned Dr. Amy Myers when she “irradiated” (destroyed) her thyroid due to suffering from Graves’ Disease (an overactive thyroid). I want to reintroduce her story here, too.

This was the treatment recommended to her in conventional medicine, in which she was originally trained. On retraining in Functional Medicine, she discovered that what she actually needed to do was to heal her gut. Gut health has a direct impact on the thyroid and every other organ in the body. She discovered that Graves was a result of a leaky gut. She has now dedicated her life’s work to helping people with similar autoimmune diseases so they can avoid such life-altering “surgeries” and regain their vitality.

The great news is that leaky gut ***can be rectified***, and inflammation ***can be minimized and eradicated***. Dr. Amy Myers writes in her *New York Times* bestseller, *The Autoimmune Solution*:

> You can think of your gut lining as a drawbridge. Teeny tiny boats (micronutrients in food) that are meant to travel back and forth are able to go under the bridge without a problem. But things such as gluten, gut infections, medications, or toxins, can cause the drawbridge to go up, allowing bigger boats to cross over that aren’t meant to travel through. In this case, it’s microbes, toxins, pathogens, proteins, and partially digested food particles that are passing under the drawbridge and escaping into the bloodstream. (Myers, A, 2017)

In other words, the gut lining is a semipermeable membrane that is designed to allow micronutrients (vitamins and minerals) to be absorbed. When it becomes

“leaky,” the gut lining is torn, and things that aren’t meant to pass — including toxins — pass through the lining, causing a reaction from the immune system. **Your immune system does not recognize these foreign invaders, and goes into high alert to protect you, leading to an inflammatory response.**

Healing the Gut & Repairing Your Engine

In Functional Medicine, in order to heal the gut, a 5-part protocol is recommended called the 5 Rs;

1. **R**emove — take away exposure to toxins and/or limit substantially
2. **R**eplace — put fuel into the body, including an anti-inflammatory diet with lots of nutrients and “eat the rainbow” for a diverse range of foods
3. **R**einoculate — include or add probiotics and probiotics that have beneficial bacteria, and certain food types
4. **R**epair — with various supplements such as L Glutamine, omega-3 fatty acids and bone both, reparation can take place
5. **R**ebalance — even out lifestyle changes with mental and emotional support, including relaxation, meditation, and mindfulness practices.

Radically adjusting diet and taking necessary supplements is important. It is most beneficial to take supplements only alongside an anti-inflammatory diet, or it can be a waste of time and money. If you just take supplements and do not eliminate what is causing harm, it’s the equivalent of eating McDonalds all day long while drinking herbal tea expecting to mitigate the effects. It is worth testing for deficiencies. Our soils have been destroyed

by chemicals, so we need to be mindful about getting sufficient nutrients.

The mental and emotional piece is essential in creating a harmonious environment. I will explore this very point later as you'll discover the science behind the placebo and nocebo effect. A chronic state of “fight or flight” plays a detrimental effect on gut health, so it’s important we do what we can to remain calm, collected — and joyful, as much as we can, even during these challenging times.

I encourage you to love your gut. It's the majority of your immune system. Do what you can to keep it balanced and optimized. You’ll get a high return on your investment, as it will impact just about every cell and system in your body. This will help you to fire on all cylinders and live a more Vital life.

Attend to Your Warning Lights

“Symptoms are brilliantly intelligent at waking us up.”

We have drifted away from understanding our own bodies, and it appears that health has been made complicated. I want to simplify health for you as best I can. This is one of my ‘superpowers.’

I truly believe that when we tune into our bodies, understand what symptoms mean, health and life just get easier and more joyful.

Here we will discuss:

- warning lights on your dashboard (analogy)
- what eczema was telling me
- epigenetics
- what gets measured gets managed — vital tests you should take.

Can you imagine a recurring car engine warning light on your dashboard, and instead of taking your car to the mechanic, you fetch a hammer and smash it, so it stops flashing? This is similar to how I view taking pharmaceutical drugs for most chronic illnesses/symptoms. (An emergency is quite different when drugs can be powerful and lifesaving.)

A less ridiculous example might be: Instead of smashing the warning light, you ask an electrician to rewire the warning light, or remove the bulb, rather than asking a mechanic to fix the problem at the cause, which would allow the warning light to turn off naturally. The electrician would mask the problem by causing the light to stop flashing, yet he/she is not attending to the engine and the root cause.

In the phenomenal documentary “Heal,” I heard:

Symptoms are brilliantly intelligent at waking us up.

During my 30 years of struggling with eczema and the assortment of harmful creams, steroids, and antibiotics I was prescribed, I was never taught to consider what might be ***causing*** the symptom called *eczema*. All I knew was that it was some form of genetic “disease” and there wasn’t much I could do about it. I was told it would likely naturally disappear as I aged.

The closest I got to understanding that something might be triggering it was when my doctor advised that I cut out wheat and dairy when it worsened. They never explained why, just that it would help. It felt like an impossible and outrageous task, as I lived on that stuff growing up.

Can you imagine a human body so impeccably designed that it directly communicates with you when it is out of balance? When you consider how miraculous the human body is, how ingeniously designed we are, it makes sense

that there must be a mechanism that can tell us when something is amiss, or out of balance or alignment.

“If you can’t explain it simply, you don’t understand it well enough.” — Einstein

One mechanism comes in the form of a symptom. Symptoms are similar to warning lights. Alas, most of us are not taught at a young age to consider what might make us sick. Instead, we are essentially conditioned by society to see the doctor when we get sick and outsource our health to them. By doing this we give our power away. We are putting our health in the hands of others. We have instilled within us an expectation to be prescribed a drug when we see our doctor. But the body does not get sick because of a pharmaceutical drug deficiency! We all know that. What if we perceived these symptoms in a whole new way?

Don’t Shoot the Messenger!

Symptoms can be perceived as warning lights – and messengers. And if we only use a “Band-Aid” solution, maybe a drug that masks the symptom, we are effectively shooting the messenger. What if we paid attention to symptoms and asked ourselves why we have them? The “New Way” of approaching health is to do that very thing. If my eczema returns, I’ll know, ultimately, that I have fallen out of balance in some way. I might have consumed something that my body didn’t like, or maybe my thoughts and emotions are out of whack, or maybe there is another toxic load on my body.

For this reason, I can never say my eczema is “cured” — it can come back if my body becomes a little toxic in some form. Equally, I could also develop any other kind of illness if I fall out of balance. As you’ll read later in the sleep section, I had insomnia for 16 months from 2007-2009. I now understand that my body was telling me I was in the wrong

job. Even at the time I was intuiting this, but I didn't know what to do about it.

Here you might think, 'What about childhood illnesses: perhaps where children are born with illnesses or *truly* genetic diseases?'

Even when a child is born with an illness, this does not mean the illness cannot be reversed, nor does it mean that the child cannot fully heal. It is my firm belief, understanding the science of epigenetics, that the body can heal anything, provided the appropriate environment is created within the body. In the words of New York Times Bestselling Author of Becoming Supernatural, Dr. Joe Dispenza *"a side effect of homeostasis is symptoms disappear."* I explore this in greater depth in "Your Genes Are Not Your Destiny." Simply put: "epi" means "above", and epigenetics means *above the genes*. Above refers to the environment maintained in your body.

What Gets Measured Gets Managed

If you are not currently experiencing any symptoms, it is worth getting some blood tests anyway, to determine your levels of systemic inflammation, and other vital markers. One blood test I recommend starting with is High Sensitivity (HS) C-Reactive Protein. There are many more, and I would recommend speaking with your doctor about them. Head to VitalitySecret.com/codes for more information on blood tests and other ways to measure, such as bio-resonance and microbiome testing. Once you have a baseline, you can see what happens when you make some changes.

Hopefully, you'll be inspired to do a little problem solving, some "reverse engineering," with what you learn in this book, so you can get to the cause of symptoms you might be experiencing, upgrade your body and live a more Vital life.

I aim to inspire you to tap into the true power of your body to heal itself. And as simple as it might seem, it all points to returning as close to Nature as possible and healing from within. Nature's Medicine enables the body to heal, so you can move from surviving, to thriving.

In the next chapter, we look at how the definition of medicine changed at the turn of the 20th century. It was quite the epiphany.

CHAPTER 3

FROM MEDICINE TO MEDICATION

“The truth shall set you free, but first it will piss you off.”

— Gloria Steinem

Now that you have a greater understanding of the immune system and a broad understanding of the *new way* to reverse illness, you might wonder, “Okay, Neil, why should I trust a single word you’re saying? You’re not a qualified medical professional.”

What I’m about to share is likely going to challenge some of your deepest, most hardwired beliefs. We will cover:

- how it is widely accepted that medical professionals receive little to no nutrition training.
- an event that changed the world of medicine for over a century
- donations from “philanthropists” to reform course curriculum
- a timeline of closure of homeopathic schools and natural approaches to medicine.
- healthcare versus “sick care”

I believe knowing this is THE most important piece of history any of us can ever learn, given that our health is ultimately the most important thing in life. Without knowing

this, you might continue to use a system that is not designed to help you to heal. Knowing this will mean you'll no longer regard "alternative medicine" as alternative, but simply as medicine. You're about to discover how medic***ine*** became medic***ation*** (aka patent-based drugs) and surgery, and the difference that this history has made to our health.

Have you ever wondered why, when we go to the doctors, we have this almost engrained expectation to be prescribed a drug?

What Turned Me into a Curious Cat

As I mentioned, I suffered from debilitating eczema as a teenager. My doctor always prescribed the same treatments, which included steroid creams, toxic prescription moisturizers and antibiotics, which cause harm to the gut, and therefore the immune system, particularly when over-prescribed. Other eczema sufferers are often prescribed immunosuppressant drugs and oral steroids – and every drug, without exception, comes with side effects, and rarely, if ever, address the cause.

My treatments were short-term remedies. I will never forget when I sat opposite my doctor when I was 15 after a significant eczema flare-up. He examined me, returned to his desk, looked at his computer screen, and asked me, "Are you allergic to penicillin?"

"I don't think so," I replied.

As he typed up the prescription for antibiotics, he asked, "Would you like more Betnovate (a steroid cream)?"

"Yes, please," I replied. He reminded me to use it sparingly as he glanced at me, before turning back to his screen. I was perplexed. I remember thinking to myself, "Is he just cross-referencing my eczema with drug options?" I remember experiencing this feeling of…helplessness. Not

just helplessness, but almost being cheated. I had expected something more useful or at least different. I left with the usual prescription and walked to the pharmacy, thinking, “Something is not adding up here. I smell a rat.”

Little did I know that about 20 years later I’d uncover not only the underlying cause of my eczema and how to reverse it very quickly, but also the root cause of why my doctor kept on prescribing the same harmful, practically useless treatments, visit after visit, for most of my life. I later learned these treatments were only *masking* the symptoms.

And I eventually uncovered the origins of the training provided to conventionally trained medical professionals. I feel, now, that my passion for wellness, vitality, and healing began in my mid-teens, during that moment of perplexity in the doctor’s office.

I later learned that fewer than 6% of medical graduates in the U.S. receive any kind of nutrition training — this is similar to the U.K. We need to revert back to prior to 1910 (see the following true history about the Flexner Report of 1910), as medicine used to be.

The Origins of Western Medicine

In the 19th century, most Americans thrived on homeopathic medicine, natural medicine, available through nature at very little cost. In the late 1800s and early 1900s, there were many different approaches to medicine – homeopathic, naturopathic, chiropractic, various eclectic herbal medicines, etc. Such approaches would stimulate the body’s natural ability to heal itself.

At the turn of the century, oil mogul J.D. Rockefeller saw an opportunity to revamp the entire medical treatment available to the United States. (and beyond). In 1910, the Rockefeller Foundations partnered with the Carnegie

Foundations and commissioned **The Flexner Report**[2] **of 1910.** It was a preordained report, which meant they knew what the outcome would be. It resulted in the elimination of all competition to patent petrochemical medical education. In layman's terms, it meant that education supporting natural approaches to medicine that existed prior to 1910 were eradicated and education became biased toward patent-backed drugs (in which Rockefeller and Carnegie had a vested interest), and surgery. It ultimately gave them the power to influence the course material taught to doctors.

As cited in the peer-reviewed medical literature, U.S. Library of Medicine:

> "The Flexner Report was embraced as the definition of the academic model that was to characterize American medical education up to the present. Its success was importantly assured by the huge financial gifts of the Rockefeller and Carnegie Foundations — this single model of medical education required large sums to support the scientific focus at its core. The powerful stimulus of philanthropy money also affected the fashion in which medical faculty would live their lives in academic medicine; this was the important introduction of the full-time system in medical schools." (Duffy, MD, 2011)[3]

Carnegie and Rockefeller *donated* hundreds of millions of dollars into medical schools that were teaching drug-intensive medicine. When money was donated, the Carnegie & Rockefeller donors sat on the Boards of Directors of the teaching centers and steered the course curriculum in the direction of patent petrochemicals.

The American Medical Association (AMA) closed the larger respected homeopathic colleges as well as natural schools that were not educating medical doctors about drugs.

Schools that received financing from Carnegie & Rockefeller graduated significantly more doctors and they became "more recognized doctors." In return for the

financing, schools were required to continue teaching course material exclusively drug-oriented, with absolutely no emphasis on natural medicine.

Cited from the book, *Rockefeller Medicine* (1939):

> "Within a year following the report's publication, the General Education Board entered the fray in earnest. By 1920 the GEB had appropriated nearly $15 million for medical education, and by 1929 a total of more than $78 million. By 1938, contributions from all foundations to medical schools exceeded $150 million…
>
> "The foundations' power was in providing the outside capital for the reform of medical education and the profession itself. As the suppliers of that capital, they were able to dictate terms to the profession…. The Flexner Report united the interests of elite practitioners, scientific medical faculty, and the wealthy capitalist class. The report validated the elite professionals and enabled them to speak to philanthropists with a single voice, amplified by the Carnegie Foundation. Without the Carnegie report *[Flexner report]*, the fears of "misdirected generosity," voiced by the AMA Journal in 1901, might have been even more justified than they turned out to be."

Cited from Flexner´s Unpublished Report, 1928:

> "Writing in retirement, Flexner estimated that between 1917 and 1928 alone, the combination of Rockefeller grants and institutional matching funds added $600 million to the budgets of schools of medicine in the United States."[4]

This meant the curriculum of the universities and teaching centers fell completely into the hands of the pharmaceutical drug companies. **It has remained like this ever since.**

Dr. Darrell Wolfe cites interesting statistics in *The Truth about Cancer* docu-series:

- By 1923 the 22 homeopathic medical schools that flourished in the 1900s dwindled down to just two.
- By 1925, more than 10,000 herbalists were put out of business.

- By 1940, over 1,500 chiropractors were prosecuted for practicing “quackery”.
- By 1950 all schools teaching homeopathy were closed.

By around the mid-20th century, if a doctor/physician did not graduate from a Flexner-approved medical school (teaching drug-based “medicine”) and receive an MD degree, then he or she would not be able to find employment anywhere. And this

This is the reason underlying conventional doctors’ training being so heavily biased toward pharmaceutical medications, (and surgery), and why they know very little about nutrition or any other natural medicine or healing modality. This was the creation of the medical monopoly as we know it today, and the disease and symptoms maintenance system that we regard as “healthcare.” I believe the term “sick-care” is more accurate.

Flexner-approved medical training applies to specialties across the board, from dermatologists (skin, hair, nails) to psychiatrists (mental, emotional, behavioral), to oncologists (cancer). Many a time has someone having received a cancer diagnosis tell me they have “the best oncologist” – at which point, (provided I have permission to offer my opinion), I invite them to consider the origins of the oncologist’s training and to explore and research cancer, and into other realms of medicine training. (Please see The Vitality Secret podcast for interviews of radical remissions of cancer and for resources.)

To recap: prior to 1910, medicine used to facilitate the innate healing capacity of the body. This way, the body could heal itself. The immune system. would be supported in a variety of ways, so it could do its job as it was designed. There was a focus on identifying the cause, and this is re-emerging now in natural medicine such as Functional

Medicine, Naturopathic Medicine, and Energy Medicine. If I were to ever receive a cancer diagnosis, I would accept the diagnosis, but not the prognosis (in the words of Deepak Chopra.) I would then take a deep dive into finding the cause, detoxifying my body across every conceivable pathway, and replenishing my body across every essential cell fuel.

The next image is excerpted from the Bulletin of The History of Medicine and presents the level of “donations” from *so-called* “philanthropists.” It is interesting to note how the term “medical science” is used.

Bulletin of the
History of Medicine

THE AMERICAN ASSOCIATION FOR THE HISTORY OF MEDICINE
THE JOHNS HOPKINS INSTITUTE OF THE HISTORY OF MEDICINE

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ABRAHAM FLEXNER'S UNPUBLISHED REPORT: FOUNDATIONS AND MEDICAL EDUCATION, 1909-1928*

DANIEL M. FOX

In the early twentieth century, medicine became, in Richard Shryock's phrase, the "chief beneficiary of public giving." The most influential gifts were made by foundations. Between 1903 and 1934, nine of the largest foundations "granted medical institutions about 154 million dollars," nearly half of their total gifts.[1] During these years foundations developed from loosely organized extensions of a benefactor's will to tightly managed corporations which were dominated by professional staff. The philanthropic managers who served as intermediaries between foundations and medical institutions in this period supported innovations in medical science, practice and education which resonate throughout this century.

As an employee of first the Carnegie and then the Rockefeller philanthropies, Abraham Flexner participated in significant events in medical education between 1909 and 1928. His name has become an adjective, "flexnerian," signifying strong convictions about the role of basic science in the curricula of medical schools. Most historians and medical educators accept Flexner as he projected himself in his numerous publications: an aggressive, articulate, uncompromising intellectual who was deeply involved in activities of considerable importance.[2]

* Revised version of a paper presented at the 52nd annual meeting of the American Association for the History of Medicine, Pittsburgh, Pennsylvania, 4 May, 1979.

[1] Richard H. Shryock, *The Unique Influence of the Johns Hopkins University on American Medicine* (Copenhagen: Ejnar Munksgaard, 1953), p. 37.

[2] Flexner (1866-1959) was raised in poverty by immigrant Jewish parents, studied at the Johns Hopkins University (A.B. 1886), and organized a private school in Louisville, Kentucky. After graduate study at Harvard (A.M. 1906) and travel in Europe, he was a staff member of the Carnegie Foundation from 1908 to 1912, and then from 1913 to 1925, Assistant Secretary and Secretary of the General Education Board. In 1928, he left the Rockefeller philanthropies to organize the Institute for Advanced Study.

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Source: ABRAHAM FLEXNER'S UNPUBLISHED REPORT: FOUNDATIONS AND MEDICAL EDUCATION, 1909-1928

The pharmaceutical industry uses a recurring revenue business model and is driven by profits. Providing you get healthy and vital, and no longer require their medications, they do not make money from you, which is not good news for them. There is no money in true health. You cannot be healthy and chronically be taking drugs. The drugs are equivalent to being on life support.

Many medical professionals are now between a rock and a hard place. Before long, this history will be in everyone’s hands, including theirs, who might have very little idea of the history on which their education is based. The origins of Western Medicine are available for us all to see. I often hear people complaining about doctors, and I’ll be open, I’m guilty of this, too, particularly when it comes down to witnessing how my father was treated. I know his stroke was avoidable, and I also know my 30 years of suffering from eczema were unnecessary. I do not blame doctors. They enter the profession to help people. I don’t know of a doctor who would knowingly cause harm to anyone.

Modern medicine is a business. It clearly has its place, particularly in emergencies for which it is effective and powerful. Anesthesia for life-saving operations is unquestionably useful. That said, it is less effective in treating most illnesses and diseases, and more often than not, harmful. It is not unusual for the masses to be on a cocktail of medications for the rest of their lives — and consider it “normal.” This is not normal at all. While it might be a social norm, it is not a biological norm. The human body is a remarkably powerful self-healing machine. The body does not get sick because of a pharmaceutical drug deficiency.

The Most Powerful Medicine on the Planet?

“There were never so many able, active minds at work on the problems of disease as now, and all their discoveries are tending toward the simple truth that you can’t improve on nature.”

— Thomas Edison

Can you imagine a medicine so powerful that it has been proven effective in every illness that exists in at least reducing symptoms, or even complete elimination? Can you imagine this medicine being 100% natural? And can you imagine this being made illegal, and then demonized?

Results of this ancient medicine have now been published in more than 25,000 peer- reviewed studies. You can do a keyword search yourself in PubMed. It has proven effective in more than 400 illnesses. Due to it being illegal in many countries, it is being used illegally to help people who are suffering from diseases such as cancer, to reduce pain, reduce anxiety and depression, as an anti-inflammatory, and thus helping with a myriad of illnesses. It can be applied topically or taken orally in various forms.

It is so effective and powerful, that even the U.S. Government holds a patent on it as an antioxidant and a neuro-protector, meaning that it protects the brain.[5]

I’m talking about *cannabis*. It is one of the most researched medicinal substances in history, with studies published in scientific literature with the vast majority showing how its active ingredients are uniquely safe and effective. There is no lethal dose, and side effects are relatively mild or short-acting, when used as medicine. Cannabis appears in the oldest Chinese pharmacopeia, the *Shen Nong Ben Cao Jing* (a Chinese book on agriculture and medicinal plants, written between 206 B.C. and 220 A.D.),

which is believed to be built upon tests more than five thousand years old.[6]

Ancient Assyrians, Greeks, Hindus, and Jews incorporated cannabis as medicine, recommending it for impotence, neuralgia, epilepsy, kidney stones, pulmonary congestion, digestion, spasticity, pain, depression, insomnia, anxiety, and other conditions. (Holland, MD, 2010)

Modern science has proven how effective cannabis is as it was recommended in ancient medical texts, yet it remains widely illegal. Cannabis contains therapeutic substances called cannabinoids. In fact, eighty-five different cannabinoids have been identified by researchers, each affecting the human body in a unique way.[7]

The most known cannabinoid is THC, due to its psychoactive effects, but it is also effective in the treatment of cancer, chronic pain, insomnia, PTSD, glaucoma, low libido, and a variety of other conditions. Another all known cannabinoid is CBD and is non-psychoactive. In fact, it suppresses or balances the psychoactive nature of THC (Werner, 2012).

CBD is widely known to be a powerful anti-inflammatory, as well as a neuroprotector (protecting neurons in the brain) [8] and antispasmodic. It reduces anxiety[9] without affecting the brain (it’s not being psychoactive), and has proved effective for diabetes,[10] rheumatoid arthritis, alcoholism, PTSD, infections that are antibiotic-resistant, and neurological disorders.[11]

Contrary to popular belief, and in contrast to prescription and non-prescription drugs, cannabinoids cause virtually no harm or toxicity to healthy cells or organs. Cannabinoids do not depress the central nervous system like opiates do. Cannabinoids have a virtually unparalleled safety profile. The Canadian Medical Association (CMAJ) published a meta-analysis in 2008, which reported how cannabis-based drugs

presented close to zero serious adverse side effects during a 30-year investigative use. That is in stark contrast to every other pharmaceutical drug (DeAngelo, 2015).

Therapeutic effects range from anti-cancer, anti-diabetic, anti-stroke, neuroprotection, and many more. It has been validated in modern studies to have food with a “good scientific rationale for its historic reputation as a headache remedy and painkiller,” as well as being an antibiotic for a variety of bacteria.[12] Within the studies is the first double-blind, randomized, placebo-controlled study of cannabis ever conducted in the U.S. (DeAngelo, 2015).

The Endocannabinoid System

In 1992 scientists discovered that compounds in marijuana create their effects by stimulating cellular communication networks that were previously unknown. This is the endocannabinoid system, responsible for regulating a wide variety of critical processes in the body: the central nervous system, autonomic nervous system, endocrine network (responsible for hormone production / balance), gastrointestinal tract, microcirculation, reproductive system, and the immune system.

Our own bodies produce internally endocannabinoids similar to CBD and THC. This is found in the brain, connective tissues, glands, organs, and immune cells. Human breast milk contains elevated levels of cannabinoids. Endocannabinoids regulate balance, or homeostasis, creating a stable environment within the body, when fluctuations outside of the body occur (DeAngelo, 2015).

It seems that the body is designed to function on endocannabinoids, as we have receptor sites for them, and they’re integral to a number of bodily processes. No wonder this plant that is naturally found in nature is illegal!

Back to cannabis — despite revelations as to its anti-cancerous properties, the NIDA (National Institute of Drug Abuse) continued attempting to prove that cannabis causes cancer, then investigating how it could be used to prevent disease. They commissioned Dr. Donald Tashkin in 2006 to lead an investigation to prove that cannabis caused lung cancer, but he found it fights the disease. Harvard scientists confirmed his study in 2007 and found that cancerous tumors could shrink to half of their size with THC treatment, and also reduce progress of the cancer.[13] Tashkin was inspired to endorse the legalization of cannabis, but sadly this had no effect on altering the NIDA policy (DeAngelo, 2015).

It is not unknown that chemotherapy and radiotherapy cause cancer. Chemo- therapy, derived from mustard gas used in the World Wars, doesn't just kill the cancer cells, it harms healthy cells, too. It's like targeting an entire ant's nest with the intention of killing one ant. We all know that chemotherapy results in awful side effects, as does radiotherapy.

Cannabis works in a far superior manner when it comes to cancer, almost like it was designed for it. I think we've already ascertained that the human body is designed for cannabis. The nature of cancer is the uncontrolled proliferation (growth) of cells. Here is a quote from "The Cannabis Manifesto," by Steve DeAngelo:

> "THC, CBD, and other cannabinoids trigger the death of cancer cells with a simultaneous two-front assault. The advance guard directly attacks the tumor by activating the receptors of the endocannabinoid system to induce apoptosis, the natural process of cell death, which is interrupted by cancer. Meanwhile, the outlying troops blood angiogenesis, the process by which tumors acquire the blood vessels they need to continue growing. The tumors disintegrate from within, while being deprived of the blood they need to propagate further — without any damage to healthy tissue of

> horrifying side effects. And the higher dose of cannabis, the more effective it appears to be" (DeAngelo, 2015).

Cannabis has been shown to prevent the development of cancer and can inhibit its spread. THC and other cannabinoids prevent the reproduction, migration, and invasion of many different types of cancer cells, such as breast cancer, neck, oral, cervical, bile-duct cancer, and brain cancer. THC blocks the replication of viruses that cause cancer, like Gammaherpesvirinae. Due to its powerful anti-inflammatory effects, cannabis likely prevents cancer by maintaining balanced cell growth, DNA growth, and other biological systems (op.cit).

Some of the world's leading medical journals cite such evidence — including *The British Journal of Cancer*, The University of Madrid, UCSD (University of California San Diego), University of South Florida and The National Cancer Institute itself. They show that cannabis can prevent and shrink tumors, and potentially eliminate them completely — including even the most severe forms of cancer.

Discovering this might trigger a variety of emotions if this is new to you. It did for me when I went on a cancer research quest in 2015 when I lost three friends to cancer as you saw in an earlier section.

We only need to take a quick glimpse into the magnitude of money made in cancer, to begin to comprehend why such corruption of life-saving information and treatment takes place, and why we are always told the same narrative. Follow the money. We haven't even touched on the Opioid Crisis and what could have been prevented with this powerful medicine.

As cannabis is slowly legalized across in the U.S., and used more often medicinally, I believe exciting times lie ahead. Although I would like to add, *"the dose makes the poison"* – and this is not for everyone. Recreational

marijuana use can cause damage when smoked, particularly during adolescence / teenage years. Or simply *“everything is a medicine or a poison depending on the dose.”* I invite you to peruse https://vitalitysecret.com/codes for legal ways to explore the therapeutic uses of this ancient and powerful Medicine.

Money in Modern Medicine

> *“One of the first duties of the physician is to educate the masses not to take medicine."*
>
> — William Osler, Father of Modern Medicine

We’re taking a deeper dive into the pharmaceutical industry in this section, covering:

- The global pharmaceutical industry’s worth
- Examples of revenue streams created by names of illnesses
- Are we in a pandemic of sickness?
- Lobbying and conflicts of interest
- Adverse events of pharmaceutical drugs when used correctly

You are now familiar with how modern medicine became a patent-based business and how one of the most powerful medicinal plants on the planet was banned around the time of the rise of the pharmaceutical industry. Follow the money trail to understand why conventionally trained medical professionals are not trained in nutrition nor how to heal, and why instead they receive training biased towards prescription drug treatment and drugs. It becomes apparent why they are not testing us regularly for the underlying cause of most, if not all, chronic illnesses, and diseases.

It is important to provide a few examples of the money involved in this industry. By understanding how much money is at play in the global healthcare industry, you

might see it isn't about health at all. Do you believe the term *sick care* is more appropriate than *healthcare*?

Carnegie and Rockefeller were clearly onto something. More than a century after the Flexner Report of 1910, which radically transformed the perception of medicine, and altered the course curriculum taught to doctors, the pharmaceutical industry globally is worth $1.27 trillion.[14] The U.S. pharmaceutical industry accounts for 45% of the global pharmaceutical market.[15] (The U.S. is also one of the sickest (and chronically inflamed) nations in the world, despite its apparent advances in "medicine" (meaning drugs and surgery) — and also medical devices.)

Again, these treatments absolutely have their place, particularly in emergencies. People I know and love would not be around today if it weren't for some of these life-saving treatments.

When it comes to chronic illness and disease, each name has become a recurring revenue stream for Pharma. And each illness is effectively an industry, in of itself. The global oncology market was valued at US$ 203.42 billion in 2022 and is expected to reach over US$ 470.61 billion by 2032.[16]

Here are a few other illness industries and their value:

- Cholesterol (treated with statins) is worth $14.1 billion by year end 2020[17]
- Asthma therapeutics worth $17.6 billion in 2020.[18]

The Type-2 Diabetes medication market is on set to be worth $58.7 billion by 2025.

The global diabetes (type-1 and type-2) drugs market size was valued at $48.7 billion in 2018 and expected to be worth $78.2 billion by the end of 2026.[19]

The Diabetes Device industry was worth $29.5 billion in 2020. [20]

Hypertension was worth $20.5 billion in 2021 and is expected to hit $39.5 billion by 2030. [21]

The global medical industrial complex is now worth a staggering $3.6 trillion. Can you imagine what would happen if everyone got healthy and did not use drugs? What would happen if every medical professional was trained to test for the root cause of illness, and to instruct their patients on how to reverse symptoms without drugs, and **not** take medicine?

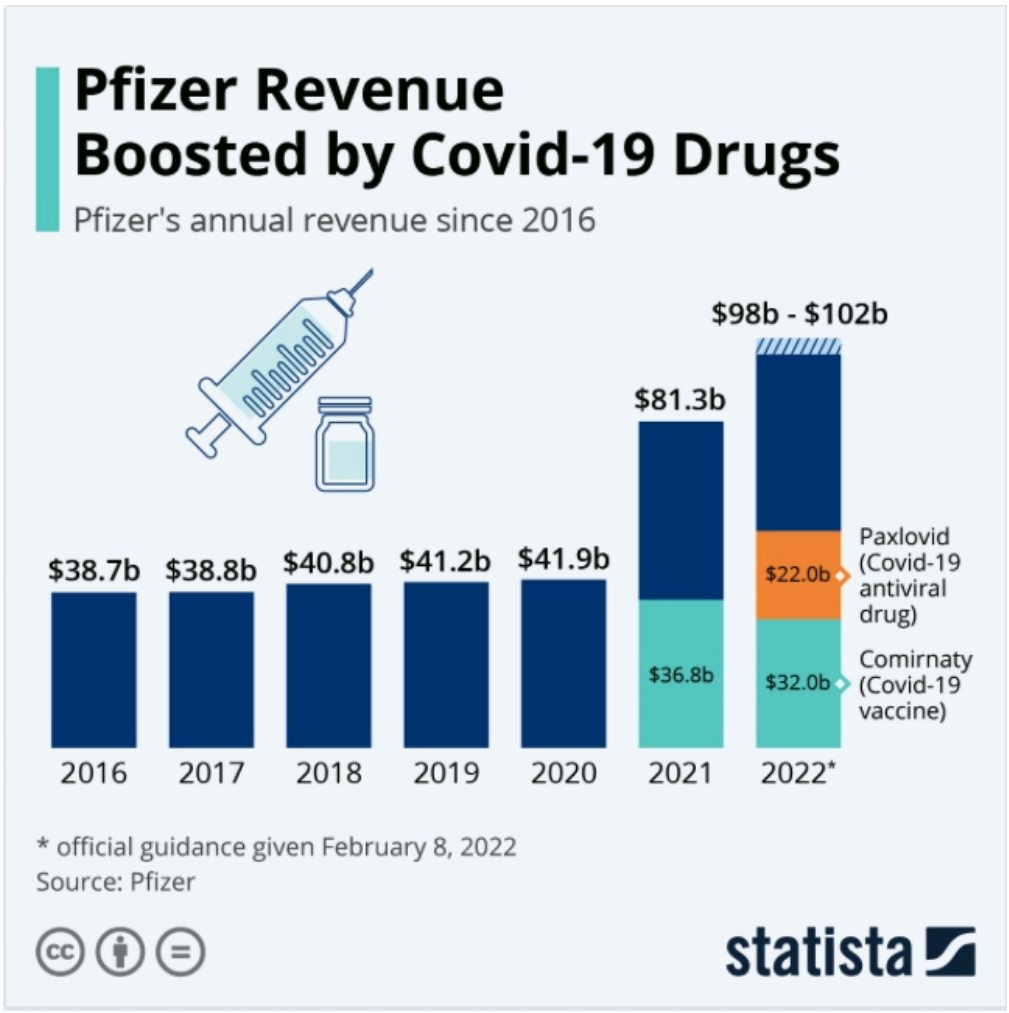
It would be as if the wise words of the "Father of Modern Medicine," William Osler, were to come true:

> "One of the first duties of the physician is to educate the masses not to take medicine."

Thomas Edison also said:

> "The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

Covid has proven to be wildly profitable for the main pharmaceutical companies involved, raking in profits of $90billion between 2001 and 2021.[22] Pfizer made record profits. As of February 2022, "Pfizer's revenue shot up in 2021 attributed largely to the vaccine The U.S. pharmaceutical giant reported $21.98 billion in net profit on revenue of $81.29 billion for 2021, mainly thanks to its Covid-19 vaccine, accounted for 41 percent of Pfizer's revenue for the quarter, dwarfing any other drug in Pfizer's vast portfolio." [23]



Source: Statista

Lobbying by the pharmaceutical industry is a thought-provoking topic. In 2020, the U.S. pharmaceutical industry was responsible for the most spending on lobbying efforts, about $306.23 million. The insurance industry spent about $151.85 million on lobbying. Pharmaceutical giants finance political campaigns and U.S. citizens spend more on drugs than individuals do in any other country in the world. Meanwhile, as these companies keep making profits, people are suffering and dying and are unable to pay for life-saving treatments.

In the U.S, the leading cause of bankruptcy is medical bills. According to CNBC, it is responsible for two thirds of all

bankruptcies. [24]

The pharmaceutical industry holds an exorbitant amount of power. Natural remedies are regarded as “alternative treatments” and deemed inferior to drugs. This, too, was a term introduced after the Flexner Report of 1910 along with “quackery” to intentionally undermine chiropractors and anyone studying any other form of medicine.

Consider the term, “alternative health.” Could this have intentionally placed, so one would follow Western Medicine first, and to believe that other forms of treatments are inferior? That is what my research suggests. I would argue that there is health, or there are drugs. One cannot be healthy and vital and be on a cocktail of drugs. Every drug comes with side effects, and some more severe than most realize. This is an excerpt from a Harvard Ethics review in 2014: [25]

> “Few know that systematic reviews of hospital charts found that even properly prescribed drugs (aside from mis prescribing, overdosing, or self-prescribing) cause about 1.9 million hospitalizations a year. Another 840,000 hospitalized patients are given drugs that cause serious adverse reactions for a total of 2.74 million serious adverse drug reactions. **About 128,000 people die from drugs prescribed to them.** This makes prescription drugs a major health risk, ranking 4th with stroke as a leading cause of death. The European Commission estimates that adverse reactions from prescription drugs cause 200,000 deaths; so together, about 328,000 patients in the U.S. and Europe die from prescription drugs each year. The FDA does not acknowledge these facts and instead gathers a small fraction of the cases.”

Here is an excerpt from *The Vitality Secret* (2016)*:*

> **106,000 people in the US die from prescription drugs.** These are side effects normally stated and expected – no overdoses – in a single year. This equates to 2.4 million in 23 years. In the same period, 10 people died from megadose of vitamins.

Randomized placebo trials are often considered “science.” These are not unbiased at the best of times. Clinical trials are financed by the drug companies. The way results are reported, or rather, unreported for anything leading up to approval would shock you, and the margin by which a drug is classified effective against a placebo is minimal. *Bad Pharma: How Medicine is Broken, And How We Can Fix It* (2014), by Ben Goldacre, explores this in depth. Ultimately, we are kept in the dark and we are all guinea pigs.

The FDA, responsible for regulating the drug industry, receives 65% of its funding from the industry it regulates.[26] If the FDA approves a drug and deems it safe, it does not necessarily mean it is safe. If the FDA deems a drug or treatment as unsafe, it does not necessarily mean it is unsafe.

On 1 March 1, 2022, the FDA was ordered via a court order and Request, Freedom of Information Act (FOIA)[27] to reveal data for Pfizer´s Covid vaccine adverse events for the first three months post-marketing. It revealed that between 01 December 2020 through 28 February 2021 a total of 42,086 case reports were filed containing 158,893 adverse events, including 1223 deaths.[28]

Mainstream media covered none of this, most likely because few people would have chosen to volunteer in the colossal experiment – particularly if they were aware of effective treatments that were also available to them, which, sadly, were suppressed. This is all being revealed to the public now.

(Side Note: Did you know that in 2009, Pfizer paid $2.3 billion, the largest health care fraud settlement in the history of the Department of Justice?[29] Are they repeating their fraud right now in front of our eyes, in current times on a gigantic scale?)

Why do I share this doom and gloom? It is my belief that the sooner we all understand the workings of the industry, the sooner we can take it upon ourselves to become our own best health advocate, research what it takes to remain illness and medication-free and live a life rich in Vitality. I believe we need to know this information to up-level. When this reaches the masses, the sooner we can experience a tipping point and radically take our power back – the power that we have to heal ourselves of just about anything. What if sickness is really a gateway to expanding our consciousness rather than suppressing it with drugs?

Medic***ation*** masks symptoms, allowing you to just survive. (It's akin to being on oxygen or life support.) Medic***ine*** helps the body to heal, allowing you to **thrive**. Are you ready to get back to the original form of medic***ine***?

The next chapter reveals the body´s ability to heal itself – of anything – and how you are ***not*** at the mercy of your genes.

CHAPTER 4

YOUR GENES ARE NOT YOUR DESTINY

“The implication is that this basic idea we have that we are controlled by our genes is false. It's an idea that turns us into victims. I'm saying we are the creators of our situation. Genes are merely the blueprints. We are the contractors, and we can adjust those blueprints. And we can even rewrite them.”

— Dr. Bruce Lipton

The Science of Epigenetics

For a long time, we’ve been led to believe that we are at the mercy of our genes. Most of us believe that if our parents suffer or have suffered from Symptom X, then we have a high probability of developing Symptom X and there is not much we can do about it. Here, I’d like to shed new light on the outdated hypothesis that your genes are your destiny, and you will discover how much power you hold to influence your gene expression.

Covered in this section:

- An inspiring story of reversal of Lupus, an “incurable” or “genetic” disease

- The science of epigenetics
- The importance of keeping a harmonious environment in your body
- Proportion of population with defective genes
- Basics of a healthy environment

I'll now use the example of Nic Burns, a friend of mine whom I interviewed on my podcast. She was diagnosed with Lupus not long after a friend of hers died from it at the age of 27. Imagine the fear you would feel, when you are told you have an illness that has killed a friend of yours. Nic could have resigned herself to the idea that this was a genetic and "incurable" disease (according to Western Medicine). However, she decided to do something quite the opposite to what her friend had done. Her friend was on 25 medications a day by the time of her death. You can hear our interview here.[30]

Nic was already passionate about anti-aging (and still is). I could not believe her age when she told me. I thought she was younger than me, and she was 12 years older! She connected some dots and realized that inflammation was at play with Lupus, so she followed an anti-inflammatory diet and lifestyle, and, within a year, she was in complete remission. Most people who are diagnosed with Lupus or any other "genetic" illness, are led to believe that their genes are their destiny, and their only option is to follow Western "Medicine" (drugs) because of the conditioning or programming that we are subjected to during our lives. Imagine if when we turned on the TV and we saw adverts for holistic treatments with claims about immune strength, and news bulletins of people reversing illnesses with natural methods. We never see these stories. They are rarely, if ever, covered in the media. Imagine finding out that the body can heal ANYTHING given the right environment in the body. That is what the science of Epigenetics is all about.

It would be criminal for me to discuss the science of Epigenetics further without first citing Dr. Bruce Lipton, whom I refer to as “The Father of Epigenetics." Cell Biologist Dr. Lipton is a true pioneer in this field and was cloning stem cells in the 1980s before it became ‘cool’. This is excerpted from NCBI (US National Library of Medicine), entitled “*Bruce Lipton, PhD: The Jump from Cell Culture to Consciousness* (2017):

> “It is the environment that selects the genetic activity of the cell. This is profoundly different than the genes making the decisions as to what cells are going to be.”

Here is a definition of epigenetics from the CDC:

> “Your genes play an important role in your health, but so do your behaviors and environment, such as what you eat and how physically active you are. Epigenetics is the study of how your behavior and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence. Gene expression refers to how often or when proteins are created from the instructions within your genes. While genetic changes can alter which protein is made, epigenetic changes affect gene expression to turn genes “on” and “off.” Since your environment and behavior, such as diet and exercise, can result in epigenetic changes, it is easy to see the connection between your genes and your behavior and environment.”[31]

Excerpted from the medical journal cited above, the words of Dr. Bruce Lipton:

> “You are not controlled by your genetics. Your genes are controlled by your environment, and more specifically **your perception of the environment.** This allows dynamic control of your biology. If genes controlled your life, your fate would be determined regardless of what was happening in the environment: “These are your genes, this is your life. You have this cancer gene; you are going to get cancer and die.” **The fact is, there is no such thing as a cancer gene.** That is a belief that is self-sabotaging. If you believe you have a cancer gene and you believe that gene can turn on and give you cancer, then your belief is manifesting a

chemistry that will create cancer because you are translating your perception into chemistry.

“A perception of cancer can cause cancer. Less than 10% of cancer has any hereditary linkage of all. The other 90% or more of a chance of cancer is a direct response to the environment and the perception of the individual in that environment. It basically says, “Genetic control is a limitation, because you can only express what your genes express.”

“The new science called Epigenetic Control sounds almost like the same thing. When I say, ‘genetic control,’ it translates as “controlled by genes.” The new science is called epigenetics. It sounds similar, but it is profoundly different. **‘Epi’ means ‘above,’ so when I say epigenetic control, I am literally saying, ‘control above the genes.’ This is the new biology. It reveals that the environment and our perception of the environment are what control our genetic activity.**

“This is profound. A revolution for the simple reason that the conventional belief, which most of the public is already programmed with, is genetic determinism. That makes us victims because, as I said, I cannot control the genes if the genes are controlling themselves. Therefore, my life is an expression of a pattern of genes unfolding and I am a victim of this pattern. Epigenetics changes the entire game, because it says that genetic expression is directly due to the environment and our perception of the environment.

“We are capable of changing the environment we live in, and we are capable of changing our perceptions. Therefore, we are not victims, but we are actually masters of our genetic activity. We have to recognize that the belief of being a victim is a perception. If that is what you believe, then you can be a victim because you are going to translate your perception into biology. This is why your work becomes important in this case, Craig, because knowledge is power. A lack of knowledge is by definition a lack of power.

“A lack of knowledge about this new understanding of epigenetics is actually a disempowering experience for the individual on this planet. If you believe genes control your life, then you let go of the control and programs take over. If you understand epigenetics and you say, “Wait, I have the ability to change conditions environmentally or perceptually to enhance my life, rather than to fall victim to illness” — that is self-empowerment. That is why the new knowledge is power inducing.”

The science of Epigenetics has superseded the conventional notion of ‘genetic diseases,’ now, and, as you can see, this applies to 90% of cancers, too. We now know scientifically that it is the **environment** in the body that

signals our genes, which then trigger the health of our cells. ‘Epi’ means above, meaning above the genes. Epi can be likened to the software and genes likened to hardware. The software runs the hardware. While we do have our gene blueprint, it’s actually down to us and the environment we maintain in our bodies that determines whether or not our genes are turned on or “expressed” — and ultimately the health of our cells.

This is true for at least 95% of the population. According to Dr. Bruce Lipton, less than 5% of the population are born with ‘defective’ genes or genes that are ‘fully penetrant’ – which is wonderful news for most of the population. This puts us back into the driving seat and enables us to be in full control of our health, and development and reversal of illness.

Can you see how this is both liberating and empowering? We have more control of our bodies than most ever realize. And if you’re one of the <5% who are born with a defective gene, the science of Epigenetics is telling us that the body can heal anything, provided the appropriate environment is created within the body.

As we proceed throughout this book, we will be looking into fundamentals of what it takes to create the environment conducive to healing. We will look at cell fuels, and what they require to thrive so you can consciously and deliberately change the environment in your body. At a fundamental level, this means breathing (oxygenating) and exercising, hydrating, consuming sufficient nutrients, eliminating toxins, sleeping well, grounding, and creating a harmonious mental and emotional state. Those last two are more important than you ever might imagine.

It may not come as a surprise that a truly healthy environment means addressing each of the “Four Pillars of Vitality” — Physical, Mental, Emotional, and Energetic. You

might have a sense already of where you might fall short of balance or are optimized. What you'll soon see, from Dr. Bruce Lipton, is that the overarching "governor" of the environment in your body is your brain. He refers to the brain chemist. We get to choose which pharmacy of chemicals we secrete depending on our thoughts, and our emotions. Excited? I hope so.

Your genes are not your destiny. You get to signal new genes in new ways when you are in the driving seat.

Your Biological Mini Me´s

"In reality, a cell is a biological mini-me compared to the human body. A cell has every biological system that you have."

— Dr. Bruce Lipton

We often look at ourselves almost like intelligent "meat robots," made up of organs, muscles and bones, and everything in between. A heart that keeps blood pumping around the body, and a brain to operate it and the rest of the body, much like an operating system. We are considerably more than that — and for more reasons than I can begin to explain here. When you know about this, you'll find health and vitality infinitely simpler.

I am told one of my greatest strengths is making complex concepts simple. Health need not be complicated. It has been overcomplicated. I do not believe our bodies were designed to be complicated to understand. As Einstein said: *"if you can't explain it simply, you don't understand it well enough."*

Here, you will:

- meet your biological mini-Me's
- understand your community of cells
- how to feed your Mini-Me's

- become familiar with the governor of every cell in your body

It's time to introduce you to Mini-Me. Not the small guy from "Austin Powers," but your "Biological Mini Me's," aka your cells. This is a term I picked up from world-renowned cell biologist Dr. Bruce Lipton, who is pioneering the science of Epigenetics. Every part of our physical anatomy is made up of cells, including our entire musculoskeletal system, blood circulatory system, and every organ and immune system. Each one of those cells behaves like a biological "mini-me." Each cell requires the same fuel that you do in order to thrive. (I was going to say survive, but let's aim high: ***thrive***. Getting this right at the cellular level will allow you to **thrive**.

We are a community of an estimated 50 to 100 trillion cells. Whether it's 50 trillion or 100 trillion, doesn't really matter. We're a lot of cells. Every single one has the same biological system and function as you do – digestive, respiratory, excretory, musculoskeletal, endocrine, reproductive, and immune system. In every single cell, these are present! And they're tiny!

I love how Bruce Lipton explains this in the following direct excerpt from "*Bruce Lipton, PhD: The Jump from Cell Culture to Consciousness*," from NCBI (American Library of Medicine)[32]*:*

> "I was also doing work on cloning stem cells. Stem cells is just another term for embryonic cells. They are exactly the same. The difference is, I can call a cell an "embryonic cell" when you are an embryo. The moment you are born, you are no longer an embryo, so I cannot call it an embryonic cell. I changed the name to stem cell. We want to equate the two. A stem cell is an embryonic cell in the body of a person who is born.
>
> "Why should I have these so-called embryonic cells in my body? We have to recognize that, on a daily basis, we lose hundreds of billions of cells from normal attrition: dying, old-age, damage, or some problem with them. We have to replace them. How many days in a row can you stay healthy when you are losing hundreds of billions of cells every day? At some point, if you are not replacing those cells, you are in a lot of trouble. The fact is, our

population of stem cells, embryonic cells, are there to replace any type of cell we lost, whether it is skin cells, bone cells, muscle cells, or brain cells. We can replace these cells, thank God; otherwise, there would be a problem.

“My work was very simple. It was to identify a single stem cell and put it in a tissue culture dish by itself. The cells divide every 10 to 12 hours. I started with 1 cell, 10 hours later there were 2, and 10 hours later 4. Every 10 hours it was doubling: 4, 8, 16, 32, etc. After a week, I had about 50 trillion in the Petri dish. The most important insight is that all 50 trillion cells were derived from the same parent. By definition, I have 50 trillion genetically identical cells in my culture dish.

“I grow these cells in something called culture medium, which is the environment in which cells live. In other words, cells are like fish; they live in a fluid environment. So, what is a cultural medium? It is the laboratory version of blood. If I take the cells out of the body, I want to put them in a very similar environment, so I create a synthetic version of blood for the culture dish. Because I am creating a synthetic version, I can change the composition in my medium.

“Now, in the experiment that blew my mind, I created 3 slightly different versions of culture medium, by changing some of the constituents. I put these 3 different environments in 3 different Petri dishes, but all the dishes had portions from the same culture of genetically identical cells in them. As a result, cells in environment A became muscle. In the second Petri dish with genetically identical cells to the first, but in a slightly different environment, the cells became bone. Then in the third dish, again with genetically identical cells but a different environment, the cells became fat cells. Now you are left with a very profound question:

“What controls the fate of the cells? You start with the first premise: All 3 groups of cells are genetically identical. I cannot say there were different genes in dish 1 and different genes in dish 2. That’s not true; they are all genetically the same. The only difference was the composition, or the chemistry, of the culture medium—the environment in which the cells live. The conclusion was profoundly important. It is the environment that selects the genetic activity of the cell. This is profoundly different than the genes making the decisions as to what cells are going to be. So, this is a pretty interesting story about cells in a plastic dish, but what the heck does this have to do with me as a human? The jumpy part is that, when we look in a mirror and see ourselves as single individual entities, that is an illusion. It is a misperception. Because the truth is, a human body is actually a community of 50 trillion cells. When I say the word Bruce or you say the word Craig, that is a term that does not represent a single entity. It represents a single community of up to 50 trillion cells.”

This is a profoundly different way to view the human body. If we step back, we see ourselves as a giant cluster, or community, of cells, and they all behave like mini versions

of us, with exactly the same biological systems as we do. Wouldn’t it make sense, therefore, to know what it takes for these cells to thrive in order for us to thrive? The simplicity of this might surprise you.

Dr. Alexis Carrel, who was awarded a Nobel Prize for Medicine in 1912, claimed that cells could live forever provided their primary fuels needs are met, and not poisoned by their own environment. (In reality, this is nearly impossible because of the world we live in, but it is thought-provoking, particularly as we discover the realm of the quantum, discussed in Chapter 13.) Every cell carries an electrical charge. In “The Body Electric” chapter, you’ll find out more about how our cells are powered, via a number of different “battery packs.”

What Causes Our Cells To Thrive?

At a fundamental level, in order importance, our cells need the following:

1. Oxygen
2. Water
3. Nutrients
4. Ability to Eliminate Waste (Detoxify)

I would add that they require rest (sleep) and grounding (also a form of detoxification). Last, but not least, there is a governor of the cells that acts much like an operating system for the entire body. The brain, or mind, is the operating system of every single cell in the body. And this is where our perception of our world around us comes into play. What do I mean by perception? When we think about what happens in times of stress, and we go into what is called “fight or flight," the body triggers a cascade of hormones and chemicals designed specifically to get us out of trouble so we can survive. Conversely, when we are calm,

relaxed, excited, experiencing chemicals of love, our brain causes the secretion of an entirely different cascade of chemicals and hormones, only this time, they're conducive to healing, not survival. The hormones of fear are very different to the hormones of love, and we get to choose how we secrete them. In this chapter, the section ***Your Brain, The Chemist*** explores this further.

In summary, our community of cells, our biological mini versions of us, have all of the same biological systems as we do as fully grown humans. They also require the same fundamental fuels as we do. They must be fed, and they cannot be overrun with toxins. They must detoxify. We govern their health with hormones and chemicals, ultimately with our brain, the chemist. This is why we need to consider ourselves at the cell level and move away from the idea that we are just intelligent meat robots.

When we know how to nourish our bodies at the cellular level, health becomes simplified. Reversing illness becomes simplified. Vitality is available to all of us.

Fuel Your Cells

"You may consider yourself an individual, but as a cell biologist, I can tell you that you are in truth a cooperative community of approximately fifty trillion single-celled citizens."

— Dr. Bruce Lipton

You know now that you are a community of cells. You know broadly that they require feeding well and detoxifying. Here we'll take a deeper dive into how you can help them to thrive.

When I started off in this line of work, I focused on anti-inflammatory nutrition, exercise, managing stress, and an anti-inflammatory lifestyle. That has evolved. While I did

achieve noticeable results with anti-inflammatory nutrition (which meant flipping much of conventional wisdom on its head), it was more than nutrition that helped me. Many clients, too, were getting results by focusing on anti-inflammatory nutrition and exercise, but this didn't work for everyone — so I knew something was missing. Here you'll find out what might be missing from your Vitality puzzle as we discuss each cell fuel in greater depth.

Something clicked when I discovered the fundamental cell fuels (this is purely from a physical perspective). I'll never forget talking with someone who reversed their cancer with hardcore exercise. They discovered the importance of oxygen and exercise for their immune system, so they started to work out for many hours a day. Initially, I did not comprehend their success, as I considered at that time that cancer was largely a result of an overload of toxins, whether it was from their diet, and/or toxins in their external or internal environment.

In 2015, I met Dr. Thomas Incledon, who would write the foreword for *The Vitality Secret*. He's an exercise scientist and has a variety of qualifications related to human biology. He is also an ex-powerlifter. When I visited his health center in Scottsdale, Arizona, I was staggered to see that most of his center was a gym, with an impressive collection of state-of-the art health-enhancing devices. You can listen to our interview on The Vitality Secret Podcast. He's been helping world-class athletes improve their game — CEOs, celebrities, and Hollywood stars — with their physical performance and also to reverse illnesses.

His company is called Causenta — meaning, get to the cause. When I toured Dr. Incledon's facility, he explained to me the importance of a strong and active body in strengthening the immune system to reverse illness. One of his principles has remained top of mind: to have a strong immune system, you must be active and strong physically.

You don’t have to be Arnold Schwarzenegger, but one must be strong, and physically active. This might include resistance training, such as bodyweight training and weightlifting, with sports or as basic as walking or a gentle form of any cardio exercises.

I later learned at The Truth About Cancer Live Symposium from a world-class doctor called Dr. Cowden, that the **ultimate reason for chronic illness is the under-oxygenation of cells**. That stuck with me ever since and to this day, I share pictures of the slides of his presentation.

The pieces of the health puzzle continued to come together when I discovered what fuels the body at the cellular level and their role in *The Body Electric* (looked at later, here). At a basic human level, we know we can’t live more than a few minutes without oxygen, several days without water, or several weeks without food. We also know that toxicity underlies disease. The body must be able to detoxify because toxins can starve you of oxygen. And thus, we have three essential fuels, and one absolute requirement. I have added two more.

Cell Fuel #1: Oxygen

The first thing we do when we’re born is take a breath, and the last thing we do before we die is take a breath. Oxygen is our #1 cell and life fuel. When we breathe, we absorb oxygen in our lungs, which is then absorbed by our capillaries that oxygenate the blood. Our blood circulatory system — the heart (the pump), arteries, veins, and capillaries and microcapillaries — transports the oxygen throughout the body to every cell and fuels every organ, muscle, tissue, and bone.

This might sound odd, but most of us are not breathing properly, even though it’s automatic. Have you heard,

"Sitting is the new smoking?" Sedentary lives are making people sick, and it's largely due to a lack of oxygen getting into the body. Many of us are shallow breathing as a result of sedentary lives. We sit at desks, or in front of the TV, or in the car, or on the train. We take escalators and elevators instead of the stairs. We choose the easy option, rather than the option that encourages us to move. We choose ease and convenience over being physically active.

Given under-oxygenation of cells is often spoken about as the ultimate reason for chronic disease, it is wise to get moving! And start breathing – effectively! I will show you how to do this.

Cell Fuel #2: Water

Our #2 life fuel is water. This means pure, mineral-rich, toxin-free, drug-free, chemical-free, fluoride-free, chlorine-free, water. Many people do not consume enough water, and if they do, it's likely not pure, toxin-free, antioxidant-rich, mineral-rich, life-fueling water as Nature intended. Not only is water our #2 cell fuel, but water also has an energetic component, too. This might sound absurd to you now, and you'll discover more about this in Chapter 6.

Cell Fuel #3: Nutrients

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

— Ann Wigmore

This quote says it all, really. Another quote I heard long ago in the amazing documentary, "Food Matters," has stuck with me: *"We are stuffing our faces and we are starving. We are obese, and we are starving. We are diabetic, and we are*

starving." Most people in the Western world are malnourished because they eat without considering the nutritional value of what they eat. Much of it is toxic and devoid of nutrients. We are what we eat. Better than that, we are what we absorb. A nutrient many are deprived of comes from sunlight. Some argue that the sun provides the ultimate nutrient. It makes sense, given it enables all life on Earth.

Cell Fuel #4: The Ability to Eliminate Waste

A fundamental requirement of our cells is to eliminate toxins and waste products. Toxicity overload can lead to systemic inflammation and cell malfunction. What ultimately happens is that cells become deprived of oxygen, voltage drops (explained later in *The Body Electric* section), and the body loses its ability to create new cells that work – with toxin overload or trauma that is stored in the body. We live in an ever-increasing toxic world.

A primary function of the immune system is the elimination of toxins and waste. The lymphatic system, part of the immune system, removes and destroys waste, debris, dead blood cells, other cells like dead cancer cells, pathogens, toxins, excess fluid, and other waste products.

The lymphatic system does not have a pump like the blood circulatory system. Its upward movement depends on the motions of the muscle and joint pumps. It requires movement for it to properly function! If your body is not active, your lymphatic system has a hard time eliminating these harmful toxins and poisons. They might build up until your body can't handle it anymore, reaching a tipping point, when your body is put out as it fights the illness.

There really is no getting away from being physically active. Some people are a little reluctant to exercise. For this reason, I prefer to refer to movement rather than exercise. We cannot outsource movement, nor exercise – and the body requires it for a myriad of functions. If you are not currently active, I can't encourage you enough to become active. Pick an activity you enjoy so you don't see it as a chore. Movement is medicine. We'll be looking into the idea of activating to oxygenate in Chapter 5, Breath of Life.

Cell Fuel #5: Sleep

Our cells require sleep. Many important processes take place during sleep. High-quality sleep is imperative for a healthy immune system and reducing inflammation, for hormonal balance, for healing and repair, for the brain to sort and process the day´s information, to relax the sympathetic nervous system, to lower cortisol (a primary stress hormone) and much, much more. We cannot outsource sleep!

Cell Fuel #6: Grounding

Being connected to the ground is essential. The ground is a sea of negatively charged electrons. Our trillions of cells each carry a charge. By connecting to the ground, we absorb these electrons, a process that reduces inflammation. The authors and scientists of the book, *Earthing* (2014), argue that inflammation builds up because we are not connected to the ground. Peer-reviewed scientific studies have proved that grounding reduces inflammation. You'll likely notice a subtle, or even not-so-subtle, energy shift, too. I invite you to walk barefoot on the grass or soil, beach, swim in the ocean, or consider investing in "bio

hacks," such as grounding pillowcases or sheets or mats to help you ground in creative ways.

Could Vitality, from a Physical perspective, be simplified to breathing, hydrating, consuming adequate nutrients, sunlight, eliminating toxins, sleep, and grounding? Are your cells deprived of any of these?

Let's now look at the role of the mind-body connection, here.

Your Brain, the Chemist

> *"Everything we do, every thought we've ever had, is produced by the human brain. But exactly how it operates remains one of the biggest unsolved mysteries, and it seems the more we probe its secrets, the more surprises we find.*
>
> — Neil deGrasse Tyson

There is more to your brain than you might think. Knowing that you are a community of fifty to one hundred trillion cells that you might now call your biological "Mini Me's," it might make sense that there would need to be a central control station. It transpires that your mind is the Governor of every one of trillions of cells. Here, I will explore the importance of your mind in creating an environment conducive to repair, regeneration, and healing. We will look at:

- Dr. Bruce Lipton´s experiments with growing stem cells in the '80s
- How the brain influences the environment by changing the blood
- Chemicals and hormones of love compared with those of fear
- The nocebo effect vs the placebo effect

- How your perception of your world is EVERYTHING:

This is excerpted directly from PubMed, an aforementioned peer-reviewed medical paper database. I am quoting directly because if I paraphrase, I likely will do Dr Lipton an injustice. It is called “Bruce Lipton, PhD: The Jump from Cell Culture to Consciousness.”[33]

> “Dr. Bruce Lipton:
>
> “I grow these cells in something called culture medium, which is the environment in which cells live. In other words, cells are like fish; they live in a fluid environment. So, what is a cultural medium? It is the laboratory version of blood. If I take the cells out of the body, I want to put them in a very similar environment, so I create a synthetic version of blood for the culture dish. Because I am creating a synthetic version, I can change the composition in my medium.
>
> “Now, in the experiment that blew my mind, I created 3 slightly different versions of culture medium, by changing some of the constituents. I put these 3 different environments in 3 different Petri dishes, but all the dishes had portions from the same culture of genetically identical cells in them. As a result, **cells in environment A became muscle.** In the second Petri dish with genetically identical cells to the first but in a slightly different environment, **the cells became bone.** Then in the third dish, again with genetically identical cells but a different environment, **the cells became fat cells.** Now you are left with a very profound question:
>
> “What controls the fate of the cells?
>
> “You start with the first premise: All 3 groups of cells are genetically identical. I cannot say there were different genes in dish 1 and different genes in dish 2. That’s not true; they are all genetically the same. The only difference was the composition, or the chemistry, of the culture medium—the environment in which the cells live. **The conclusion was profoundly important. It is the environment that selects the genetic activity of the cell. This is profoundly different than the genes making the decisions as to what cells are going to be…**
>
> “Here is the point: It doesn’t make a difference to the fate of the cell if it is in a plastic dish or a skin-covered dish. Because the fate of the cell is controlled by the conditions of the environment. The blood composition is

really the factor that controls the genetic response of the cell. So then, what controls the composition of the culture medium? **The blood. So, the brain is the chemist.**

“The chemistry put into the blood by the brain is a direct complement to the picture we hold in our mind. In other words, the mind’s image is translated by the brain into chemistry, which then goes to the body to create a physical complement to the image in the mind. In ancient terms, back from the days of the Buddha, 2500 years ago, “What we believe, we become.” **Basically, our perception changes the chemistry of our blood.**

“If you are sitting there with your eyes closed and you open your eyes and see someone you love, your mind holds a picture of love…

“The perception of love introduces such elements as dopamine, oxytocin, vasopressin, and growth hormone, all of which are chemicals that enhance the vitality and health of the 50 trillion cells in our skin-covered culture dish. In a state of love, the chemicals released in love result in health and harmony and a glowing body. People say, “Oh, look, you can see how in love they are. See how they glow.” That is a chemical expression of the culture medium, affecting the vitality of the cells.

“Then I say, ‘Wait. The same person could open their eyes and instead of seeing love, see something that scares them.’ In a state of fear, the brain does not release the chemicals associated with love. It releases chemicals associated with fear, which are stress hormones and inflammatory agents, changing the chemistry of the culture medium. Then, go back and recognize that the fate of the cell is directly dependent on the chemistry of the culture medium.

“Now with stress hormones and inflammatory agents released in the blood, I change the genetics and behavior of the cells and start to express a protection posture, which is antagonistic to growth. In fact, it actually cancels growth. The protection chemicals in the blood allocate energy for fight or flight, getting ready to run from a perceived fear.

“The genetics of the cell give us all kinds of potentials. The potentials expressed are related to the composition of the culture medium. The culture medium composition in a laboratory is synthesized by me—synthetic blood. In your natural skin-covered Petri dish, or body, the brain is the chemist, and it translates your perception into chemistry that complements that perception. **The result is that your biology becomes complementary to your mind and its perception, hence the nature of what is called the placebo effect.**

> “In the placebo effect, a person is ill to some degree then is given an opportunity to take a very specific medicine. The physician says, “This is the latest, greatest drug to treat you. Look, it’s colored purple, it’s very good. Even the color is going to heal you.” You believe, “My God, I found a drug that is going to heal me.” You take the drug, you get better. Later, you find out that the drug was just a sugar pill. What healed you? Well, obviously not the sugar pill. It was your perception and beliefs about the sugar pill that healed you. Almost everybody says they are familiar with that—how the mind can release chemistry in a belief that actually turns around and heals us.
>
> “What most people do not recognize is the consequence of a negative belief, in reference to the fact that a placebo is a consequence of a positive belief. A negative belief is equally powerful in shaping our biology and our genetics. It works in the opposite direction of a positive belief. A negative belief can result in any illness and even cause us to die. Just a belief. It can be because that belief is translated in chemistry that will not support our vitality.
>
> “A negative belief relates to something called the nocebo effect. The nocebo effect is a consequence that can include any illness, disease, or death. That result is simple. The chemistry that determines our biology, genetics, behavior, and life characteristics is chemistry derived from the brain which, in turn, is derived from the brain interpreting an image in our mind. **As we change our mind, we change our biology.**
>
> **“This is the foundation of something called spontaneous remission.** Say a person is going to die of terminal cancer. All of a sudden, there is spontaneous remission. What does this spontaneous remission do? In every case, the remission is due to the fact that the patient had a profound change of belief, a change of mind in regard to the factors that affect their lives. A letting go of the stresses and of the mind issues that were creating a nocebo effect. Letting go of those stresses can actually cause cancer to undergo spontaneous remission. The power is not in genetics; the power is in consciousness. **Our consciousness is translated into biology via the chemistry of the natural culture medium called blood.”**

So how we react to the world around us has a tremendous impact on the world inside us. If we react and perceive our world negatively, our brain chemist secretes what is necessary as a survival response or at least mimics our negative perception. This is in contrast to perceiving our world from a loving and joyful standpoint, whereby the brain

triggers the secretion of chemicals and hormones conducive to healing, regeneration and repair.

Isn’t it remarkable just how powerful the mind is when it comes to healing your body? We can heal the body through thought alone! Our beliefs can change our biology. This brings new meaning to the power of positivity and being conscious of our thoughts. And we are in control of our perception - how we react to events in our lives and to our world in general - more than most realize. We revisit this later. It might also highlight the importance of removing exposure to negative influences if you are on any form of healing journey, or if you simply wish to optimize your body and life, and experience true Vitality.

And what better way, to shift your state, than to change how you breathe, as you’ll discover in the next chapter.

CHAPTER 5

BREATH OF LIFE

“When you rise in the morning, think of what a precious privilege it is to be alive, to breathe, to think, to enjoy, to love.”

— Marcus Aurelius (Roman emperor)

Born to Breathe

How long can you last without breathing? A minute? Two minutes? Even without reading these chapters, you know that breath is your #1 cell and life fuel. And so, you might be wondering: ‘How can I possibly devote an entire chapter to something that we do automatically? Believe it or not, you are probably not breathing correctly. Changing that one thing could make all the difference in your health.

Here, we will look at:

- How lungs regenerate
- “Sedentarism”
- What happens inside when you take a breath?
- The lost science of breath

In the 1980s, The Framingham Study, which has now been underway for seventy years, attempted to determine whether lung size correlated with longevity. Two decades worth of data from 5,200 people showed that the greatest indicator of longevity wasn’t genetics, diet, or daily exercise.

It was lung capacity. The smaller and less efficient the lungs were, the quicker the subjects sickened and died. Larger lungs meant longer lives. According to the research, our ability to breathe fully was, “literally a measure of living capacity." In 2000, the University of Buffalo conducted a similar study and found the same:

“Western medicine teaches that the lungs decline with age. Tibetans know otherwise. Internal organs are malleable, and we can change them at almost any time.”

When I attended the Truth About Cancer Live Symposium in Texas five years ago, a number of presentations stood out for me. In one talk, Dr. Lee Cowden, who has been helping people reverse all kinds of cancers for many years without medical intervention (making no medical claims, of course), listed the causes of all chronic illnesses in order.

He reported that the #1 reason for all chronic illness is the **under-oxygenation of cells**. When you look at cell biology, and what it takes to thrive, it makes sense.

Oxygen is our #1 cell fuel, yet most of us are not breathing efficiently. We are born to move, yet we are not moving enough (on the whole). Without movement, we lessen oxygen intake and absorption, and every part of our physicality is compromised. This is easy to correct. Once you’re breathing effectively and efficiently, you can alleviate many symptoms.

How active we are affects our psychology, or in other words, our mental state. Our physiology (how we move, our posture, our facial expressions, our body language) determines our psychology. We can change our mental state in seconds by changing how we breathe. Breath is the fastest way we can change our autonomic nervous system, come out of “fight or flight,” and calm the body. And you don’t even need to move your body. You can literally do some

deep breathing for a minute and notice a shift in your mental and emotional wellbeing. This is the power of breath.

The Lost Science of Breath

In his book, *Breath: The New Science of a Lost Art*, James Nestor gives an account of a woman who cured her scoliosis by changing how she was breathing and how she subsequently taught the technique to others. This grabbed my attention, as did other examples of illnesses being reversed with breathing.

For example, there is a huge difference between nose breathing and mouth breathing. Nose breathing results in many benefits, compared to mouth breathing, which can actually result in serious health problems.

The nose acts like a filter, cleaning the air before it goes into our lungs. It also heats it up and moistures it, ready for absorption. Nose breathing triggers a cascade of hormones and chemicals that lower blood pressure and ease digestion. According to Nestor, this has an unexpected role in problems like erectile dysfunction. Nose breathing also changes according to women's menstrual cycle. It regulates heart rate and opens the vessels in our toes, and stores memories (!).

By changing how he breathed, Nestor was able to reduce blood pressure and increase heart rate variability (a strong indicator of health). On reading "Breath," a client of mine adopted his technique and had similar results.

One of the main benefits of nose breathing is that the sinuses release nitric oxide. This plays a crucial role in increasing circulation and delivering oxygen into cells. Nitric oxide influences immune function, body fat composition, circulation, mood, and sexual function. Nasal breathing alone can boost nitric oxide sixfold, which is one of the reasons we can absorb about 18% more oxygen than by

only breathing through the mouth. It's become such an effective tool for so many health challenges that some are adopting mouth taping to ensure they are breathing through their nose while they sleep. Please be careful if you ever try this — there is a specific way to do this, with special material. It can be dangerous if not done properly.

Have you ever considered where body fat goes when it is burned off or “lost?” We lose more than 85% of our body fat through exhalation. The rest is via urine and sweat.

Inefficient exhalation can lead to disease, such as emphysema. This is a gradual deterioration of the lungs marked by coughing and chronic bronchitis. Eventually, the lungs become so damaged that they no longer absorb oxygen. Emphysema was found to be a disease of exhalation, in which people suffered not because they couldn’t get enough air into their lungs, but because they couldn’t expel stale air from their lungs. It makes you question the true effectiveness of masks to prevent respiratory viruses. A breathing technique was featured that provided for reversal of emphysema; a condition Western Medicine still calls “incurable.”

By slowing down our breathing, and taking deeper slower breaths when training, we actually absorb more oxygen.

So how to breathe effectively? Nestor recommends breathing through your nose as much as you can during the day, and while you sleep. Find a rhythm to inhale for 5.5 counts, and exhale for 5.5 counts. This adds up to about 5.5 times per minute. Getting close to this will likely truly help your body in all ways, shapes, and forms. I invite you to set an alarm every hour, to check in with your breath, and to become conscious of your breathing patterns.

You might want to do a very quick breathing exercise now. Check in with yourself and how you’re feeling at this

moment. When an emotion or two comes to mind, take note. Try not to analyze it. Now, close your eyes and take three deep breaths, breathing deeply into your lower belly with five counts in, and five counts out. How do you feel? Our breath is the first way to change our autonomic nervous system.

Go to VitalitySecret.com/codes for more breathwork exercises. They include Wim Hof breathing, box breathing, yogic breathing, transformational breathwork, and more. If you are aware that you mouth-breathe, this would be the first thing to address, and I'd recommend getting a copy of the book *Breath* to fully understand techniques. You will benefit from diving into this specialized topic.

As you become more conscious of your breath, and improve how you breathe, you might notice health challenges lessen, weight to drop off, you'll likely feel more calm, less stressed, and more grounded — and more.

Movement Medicine

"When it comes to health and well-being,
regular exercise is about as close to a magic
potion as you can get."

— Thich Nhat Hanh, Buddhist monk, peace activist,
founder of the Plum Village Tradition

We are born to move, and we cannot outsource our movement, so let's enjoy it. The term *exercise* can have a negative meaning for some people, who might be averse to it. For this reason, I like to think about the importance of movement and physical activity. To have a vital, viable body, it's important to be active. Here we will cover:

- Reversing illness with movement
- Your brain on exercise
- Making movement fun

- How to incorporate movement into your days and weeks

I could not talk about Movement Medicine without featuring Darryl Edwards, aka The Fitness Explorer. Darryl was a sedentary businessman working in a high-stress job in the tech and investment banking world. Like many in a demanding profession like this, he put his health on the back burner and got sick. He went to the doctors with unbearable back pain and found that he had type-2 diabetes, high cholesterol, and hypertension (high blood pressure). Darryl's doctor recommended Metformin for type-2 diabetes, a statin for cholesterol, beta blockers for his heart, and pain killers for his back pain. He knew that the drugs would come with a multitude of side effects and that there was a high chance he'd need to be on them for the rest of his life. Having read that exercise was effective for normalizing blood glucose levels and reducing high blood pressure, Darryl decided to get active. He saw results in a matter of weeks. Several months later, Darryl had completely normalized his blood markers and accidentally entered his gateway into holistic health.

Darryl walks and talks "Movement Medicine," and is a sought-after speaker around the world, including Paleo-FX, TEDx, Health Optimisation Summit, Upgrade Conference (formerly the Bulletproof Conference), and many more. You can listen to our interview on The Vitality Secret podcast, Episode 24.

Darryl researched ways to move that meant becoming primal again — and fun. Discovering some fun and effective ways to get and stay active, he wrote *Primal Play* and became a "Movement Coach." He says that we have access to more ways to move than ever before, yet are inundated by spectator sports, which means less doing, more watching.

You cannot outsource exercise. The body requires oxygen, activity and energy to repair and replenish. It even requires activity for motility in the gut. Movement has a direct impact on gut health and microbiome diversity, our main engine when it comes to energy production. A highly oxygenated state of the body means a healthy gut and body. Given chronic inflammation starts mostly in the gut, it may not come as a surprise that movement reduces chronic inflammation and so it reduces risk of all chronic disease, and our physical mortality. Nothing else provides as much benefit as physical activity. This makes sense given the #1 reason for all chronic disease is under-oxygenation of cells.

Interestingly, movement outdoors has a host of other benefits, like increased levels of Vitamin D (from the sun) that is an essential nutrient. The terrain from being outdoors makes your body more adaptable so your musculoskeletal system is working harder, and therefore more calories are burned.

Something he mentioned that resonated very much with me is that exercise reduces inflammation. National guidelines on exercise are an understatement of what is really necessary. Research tells us 30% of the population meet the minimum requirement for exercise, whereas true statistics report that 5% are reaching it.

In reversing his Type-2 diabetes, Darryl discovered a clear difference between carb restriction and true reversal of Type-2 diabetes. True reversal meant he had to become *metabolically flexible,* and movement was necessary for a complete — and true — reversal. His own story means he has full metabolic flexibility. A way to make this enjoyable was to model and mimic our ancestors versus the importance of the chair. It is important to incorporate movement into every area of your life and to move away from “Joey Chair,” where you have everything at your convenience without moving at all. His TEDx talk: “Why

Working Out Is Not Working Out" is worth a watch, featured underneath our interview at VitalitySecret.com/codes.

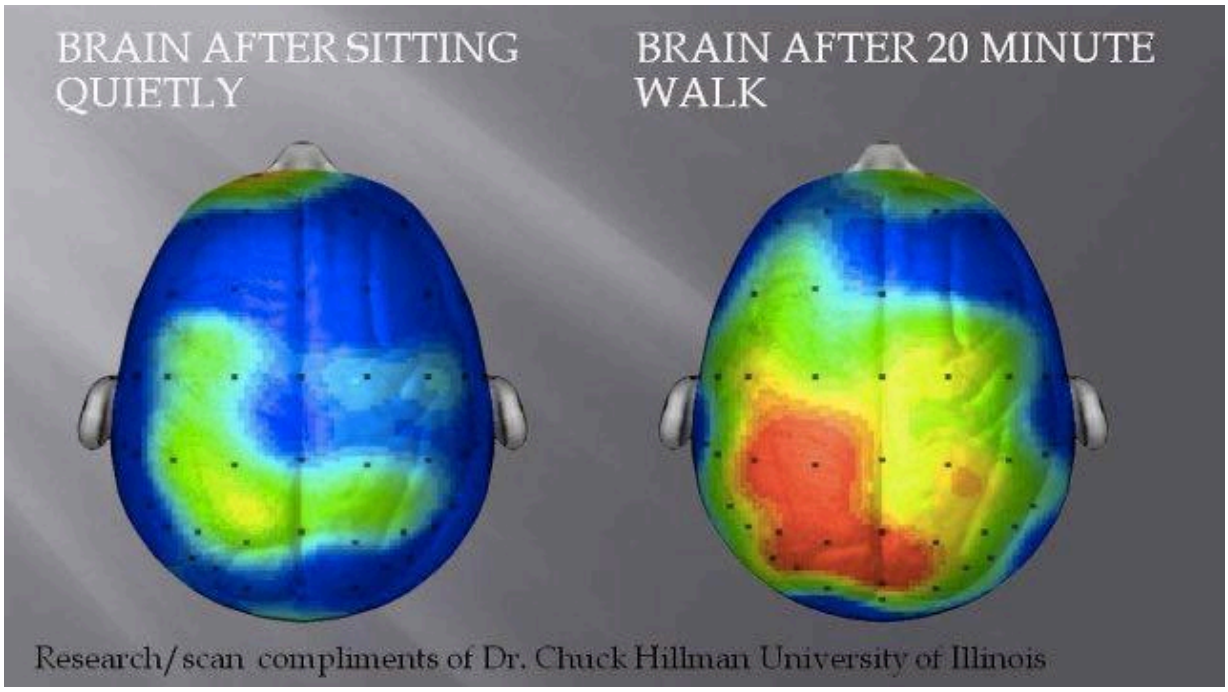
Physical activity is one of the leading ways we can affect the environment in the body and brain, and thus induce positive epigenetic effects on our genes. (The science of epigenetics determines that it is the environment in the body that signals our genes, and thus the health of our cells.) We now know that inactivity is epigenetically deleterious: for example, nine days of bed rest can induce insulin resistance in otherwise healthy subjects.

Insulin resistance and chronic inflammation go hand in hand. And insulin resistance causes many health challenges, the likely suspects being pre-diabetes, Type-2 diabetes, Alzheimer's, also dubbed "Type-3 diabetes." Sedentary life has detrimental effects on the environment in the body.

Physical exercise stimulates neurogenesis (the creation of new brain cells) and improves neuroplasticity (the brain's ability to adapt and learn). It also stimulates BDNF,[34] brain-derived neurotrophic factor) which is a protein that protects the brain, repairs memory neutrons, acts as a reset — and makes you more intelligent, hence, the easy, clearer mind and problem-solving abilities we appear to develop during and after exercise.

Your Brain on Exercise: How Exercise Triggers Happiness

I featured this graphic in *The Vitality Secret* and felt it was so demonstrative of what happens to our brains when we move that I wanted to feature it here, too:


BRAIN AFTER SITTING QUIETLY
BRAIN AFTER 20 MINUTE WALK
Research/scan compliments of Dr. Chuck Hillman University of Illinois

Simultaneously, other chemicals such as endorphins are released in your brain. Their main purpose is to minimize the discomfort of the exercise, to block the feeling of pain, and they are often associated with a feeling of euphoria. Who needs drugs?

Our brain is active when we move around and exercise. Interestingly, BDNF and endorphins have addictive properties, much like morphine or nicotine, except that in the case of exercise, they are good for us. In other words, we can get safely addicted to exercise.

Love to Move

I hope you're convinced to get moving now if you're not already! Given that we can't outsource movement, it is worth finding a way to love to move — then it is no longer a chore.

- **Step Into Nature**: walk, jog, cycle — do something in nature! This is my personal favorite, and you have the added bonus benefit of being in

nature while exercising, together with fresh air, maybe sunshine, helping with Vitamin D.

- **Start moving like an animal!** *Animal Moves* by Darryl Edwards is a fun way to get moving, improve flexibility and strength, and much more. Listen to our podcast for inspiration.
- **Play a sport you love** — most sports require physical activity. When you can exercise without even thinking about it, this is by far the best way to do it.
- **Take up yoga at home or in a class** — I dedicated an entire section to yoga for the very reason it covers every need of the body, other than building big biceps! It might change your life!
- **Join a gym** — Some 35-45 minutes in the gym itself is sufficient for me and might be for you. Try it. Try their classes, to make a commitment. I'm a fan of maximum results in minimal effort — particularly in the gym.
- Engage in cardiovascular **training** every day, preferably for at least 30 minutes. You don't need to go crazy. This can be a walk in the park, literally.
- Incorporate some High intensity Interval Training (HIIT) into your training if you're daring enough! **Please consult your doctor to ensure this is safe for you. Some health conditions may not provide for its safety.** This gets more bang for your buck by achieving more in less time, with considerable "after burn effects." You can pick any aerobic activity, and instead of doing endurance training with it (moderate pace for say, 30 minutes), you perform several sprints and typically, this takes much less time. When running, you might sprint for 30-60 seconds

(pushing yourself to the max), 4-6 times, with a rest period in between.

- **Personal Trainer** — Personal trainers provide accountability, routines tailored towards your needs, and in time, you'll start to love it, if you don't the first time.
- **CrossFit** — I started this in Mexico. I was hooked. I don't push myself too hard, nor do I compete with anyone else, or even myself. I focus on form over repetition. It's HIIT combined with weights, with some cardiovascular as well. My body changed very quickly.
- **Weightlifting and/or bodyweight/resistance training** — I recommend lifting weights or body weight/resistance training at least twice a week. When you lift weights, you tear microfibers in the muscle tissue, and your body repairs the muscles in a process called hypertrophy, and your muscles grow. If I ever plateau with my fat burning efforts with running or jogging, and then add weights, I'll notice a profound difference.
- **Dance** classes like Zumba can make exercise so much fun. If you don't like the idea of this, dance around your home to your favorite upbeat music.
- **Walk or cycle** into town rather than taking your car.
- **Take the elevator, not the stairs.** Walk up escalators if you are ever on them or walk down them.
- **Walk or cycle** to places instead of taking the easier option that are within a reasonable distance. A bike to and from work can cover your body's primary needs for the week.
- **Online fitness studio**s or yoga studios saved me during Covid lockdown, and they still do, when I'm not doing Crossfit or attending classes.

Go to VitalitySecret.com/codes for strategies, some of my favorite workout videos, fun gadgets, and products to help you love to move.

Yoga without Being a Yogi

“Yoga doesn’t just transform the way we see things. It transforms the person who sees”

— B.K.S Lyengar (1918-2014), Indian yoga instructor and author

“Yoga, where have you been all my life?” These are the words that came out of my mouth after my first ever yoga class in 2014 in Los Angeles. Strengthen, lengthen, improve flexibility, reduce stress, connect to your body, your heart — and breathe. What more could you want? Here, I’d like to share with you the sheer power of yoga, its benefits, and why I believe everyone can benefit from it, by covering the following:

- My first yoga experience
- Benefits of yoga
- Different types of yoga
- How to get started

When I moved to L.A. in 2014, a friend of mine invited me to her yoga class. It was called vinyasa flow. She told me it would be like a workout where we get cardiovascular benefits (which I couldn’t imagine based on what I knew about yoga at that stage), that we’d be moving a lot, getting our heart rates up, stretching, holding poses, and how afterwards I’d feel amazing. I accepted the invitation. I was a little nervous the first time. The room was absolutely packed with maybe 50 people, with barely an inch between the yoga mats. Most were there stretching, preparing for class, putting their bodies into positions that I didn’t know

were possible. I did some basic stretches, looking like a complete novice, as I could barely touch my feet.

I fell in love with it the first time I did it, despite not being able to achieve some of the moves. I did not let that stop me, though, and I persevered through a little self-consciousness to the end. At the end, I thought to myself, “Yoga, where have you been all my life?”

Yoga is not a competitive sport and knowing this at the start put my mind at ease. It is an individual experience in a group setting — unless you do it at home. My personal preference is a group setting led by an instructor. When you have a good one, they will correct your poses, and guide you through the different movements and poses.

The Benefits of Yoga

Yoga has numerous benefits. It's a practice that addresses almost every need of the human body to keep it vital, from strengthening and lengthening your musculoskeletal system, to organ detoxification, to improved blood flow and oxygenation of every cell, to improved mental and emotional wellbeing. I’d like to credit Yoga Bliss[35] for these 10 insights.

Simply put, the reason so many people fall in love with yoga is because they discover how wonderful it is for the physical body, the mental body, the emotional body, and the energy body.

Increases your flexibility. Many people start yoga because of this benefit. Range of motion improves, with flow, postures, and sequences. Because yoga is done in a mindful manner, it ensures stretching is done safely. Risk of injuring ligaments and tendons is minimized which can occur through more aggressive approaches to flexibility training.

Builds strength. It's highly unlikely you'll become Arnold Swarzenegger doing yoga (or ever!), but you can absolutely tone, strengthen, and build muscle. Strength training is always done using one's body weight and is fantastic for core strength. The importance of core strength is undervalued, yet it helps with every form of movement, which helps functionality in everyday life. This also improves athletic performance, keeping you safe from injury.

Improves your posture. Yoga is a balancing practice. It's not unusual to lose a healthy posture as we age, causing the body to fall out of alignment due to poor habits. Yoga helps to address muscular imbalance. It lengthens tight areas and strengthens weak ones. Yoga can help you to stretch out the chest and strengthen the muscles of the back. Yoga can also make you far more aware of your posture, so it's not unusual to find yourself automatically correcting your posture, to come into a healthier alignment throughout the day.

Keep your joints healthy. Yoga helps to strengthen and stabilize the muscles around the joints. By moving the joints in their full range of motion, which is otherwise not usually done, yoga helps to promote better joint health. Yoga can therefore help with serious joint problems such as arthritis, improving physical function and reducing pain — also a result of its anti-inflammatory benefits and detoxification (aiding inflammation.)

Creates a Powerful Mindfulness Practice. Yoga is about unification of the mind, body, and breath. By combining movement with breath, it helps bring you into the present moment. A calmer state of mental and emotional wellbeing that it creates is scientifically proven to support your immune system. This also helps to improve relationships, reduce depression and anxiety. The benefits of increased mindfulness through yoga reach beyond the mat.

Reduces stress. Yoga helps people feel much better mentally and emotionally. Focus, grounding, centering, and breathing in yoga all help to reduce stress and can be the ideal antidote to a fast-paced modern lifestyle. This is also due to increasing the flow of oxygen around the body and brain with movement, along with the relaxation and reduction of physical tension. Yoga can leave you feeling relaxed and refreshed, physically, mentally, emotionally, and energetically.

Lowers blood pressure. High blood pressure is a serious medical condition and is associated with increased risk of both heart attacks and strokes. Since stress is associated with high blood pressure, and yoga helps to reduce stress, it can help for that reason alone, and there are more ways, too. Yoga entails deep breathing, inducing a relaxation effect, particularly when through the nose. This helps to reduce high blood pressure even after the practice is finished. Certain postures are particularly beneficial for those with high blood pressure and require very little effort!

Make healthier life choices. I find this occurs with exercise and working out in general, but something about yoga makes it even more powerful in this regard. Yoga helps you to tune into the needs of your body because you become more “in your body” and connected to it. Accepting the self and self-love come with yoga, which can have a profound impact on the way one treats one’s body off the mat. This might mean better nutritional choices or reduced reliance on alcohol or tobacco.

Improves breathing. Yogic breathing incorporates several different breathing techniques, the basis for which lie in pranayama. These techniques can be powerful for restoring balance and vitality to the body and the mind. Controlled and conscious breathing has a profound effect on increasing energy levels in the body, helps to relax muscles, and reduces stress, anxiety, and depression. On a

physiological level, a regular yoga practice can improve lung capacity and breathing in healthy adults as well as in those who suffer from asthma or any respiratory condition.

Encourage your body's natural healing process. The body is designed to heal itself, given the appropriate environment within as the science of epigenetics states. Yoga practice can be a powerful method to create a harmonious environment that ignites the body's innate healing abilities.

There are many reasons to do yoga, and several different types of yoga. My personal preference is vinyasa flow, where you are always moving, and you do not hold long poses. This form gets your heart rate up as it works your cardiovascular system, and thus stimulates the lymphatic system (the waste disposal part of the immune system) allowing the release of toxins — essential to heal and revive.

Different forms of yoga to consider:

1. Vinyasa yoga
2. Hatha yoga
3. Lyengar yoga
4. Kundalini yoga
5. Ashtanga yoga
6. Bikram yoga
7. Yin yoga
8. Restorative yoga
9. Prenatal yoga
10. Anusara yoga
11. Jivamukti yoga

If you've not tried yoga, I highly recommend it! There are classes for all levels. I suggest going to a yoga studio to get started. You can begin easily and progress to, say, vinyasa flow. It's difficult to not enjoy the process and the feeling

afterwards. It’s a wonderful way to get connected with yourself and align your body and emotions.

My Three-Step Process to Getting Started

1. Buy yourself a yoga mat. You’ll feel like a pro already. And make sure you have clothing that allows flexibility.
2. Find a yoga studio near you and book yourself into a class. If you'd prefer to do this in private, you can search for beginner yoga practice video online. Recommendations on my website.
3. Do it. Just start.

Et voilà! Go to VitalitySecret.com/codes for links and more information on yoga. You might end up saying what I said: “Yoga, where have you been all my life?” (No need to become an Instagram yoga model doing handstands on tops of rocks with magnificent backdrops where they aren’t practicing yoga.) And now, let’s talk about getting high.

Get High on Your Own Supply

“Take care of your body — it’s the only place you have to live”

— Jim Rohn

One of the best ways I have found to oxygenate my body, alkalize it, reduce inflammation, calm my mind and emotions, and set up my day to be a success, is via Wim Hof Breathing. There are many types of breathwork, and this is my favorite.

Wim Hof, aka The Iceman, has figured out that we can reduce inflammation and improve the immune system on demand, increase fitness, burn fat, improve lung

performance, develop mental and emotional fitness, and move, with breath work and also cold therapy. This has changed the lives of many, including my own. I have led a Wim Hof breathing group since October 2020 to help my friends and clients remain strong and resilient during these times. Here we will cover:

- Breathwork and inflammation
- My first experience among 10,000 people
- How oxygen is absorbed into the body
- Why I took up consistent Wim Hof breathwork at the start of Covid

The Wim Hof Method is scientifically proven to reduce inflammation, improve the immune system, oxygenate every cell in the body, alkalize the body, and create a sense of peace and relaxation.

Introducing the Wim Hof Breathing Method.

Three pillars comprise the Wim Hof Method — Breath, Cold Therapy, and Commitment. Here we will focus on breath. I've adapted this from the Wim Hof Method website.

Inhaling oxygen is an unconscious process, regulated by the autonomic nervous system. The energy released into our cells is directly correlated to the amount of oxygen that we inhale, together with the balance of carbon dioxide. The easiest way to control the autonomic nervous system is via our breath. How we breathe strongly affects the chemical and physiological activities in our body. Wim Hof developed special breathing techniques that have kept his body in optimal condition and in complete control in the most extreme conditions. It is based on inhaling deeply and exhaling without any use of force — simple!

Through breathing training, we increasingly gain control over a wide range of physiological processes in the body. To fully understand why these breathing exercises are fundamental to the Wim Hof Method, it is worth delving deeper into the physiological impact of respiration on the body.

Breath is our ultimate life source. Every day, we inhale and exhale on average twenty thousand times to make sure we absorb sufficient oxygen. Oxygen (O^2) is delivered through our lungs, whereas carbon dioxide (CO^2), a byproduct (that your body nevertheless needs) flows out.

Our lungs have a hierarchical branch structure and two sections — the left and right lung. The respiratory system supplies oxygen so that the air can be transported via the primary bronchus to the bronchiole (the smaller respiratory tract). This is where oxygen and blood meet and combine. Oxygen is absorbed via the blood; CO^2 is dissolved. This biological process is known as gas exchange. The oxygen-rich blood is transported around the blood via hundreds of thousands of miles of veins, arteries, and capillaries into every cell in the body.

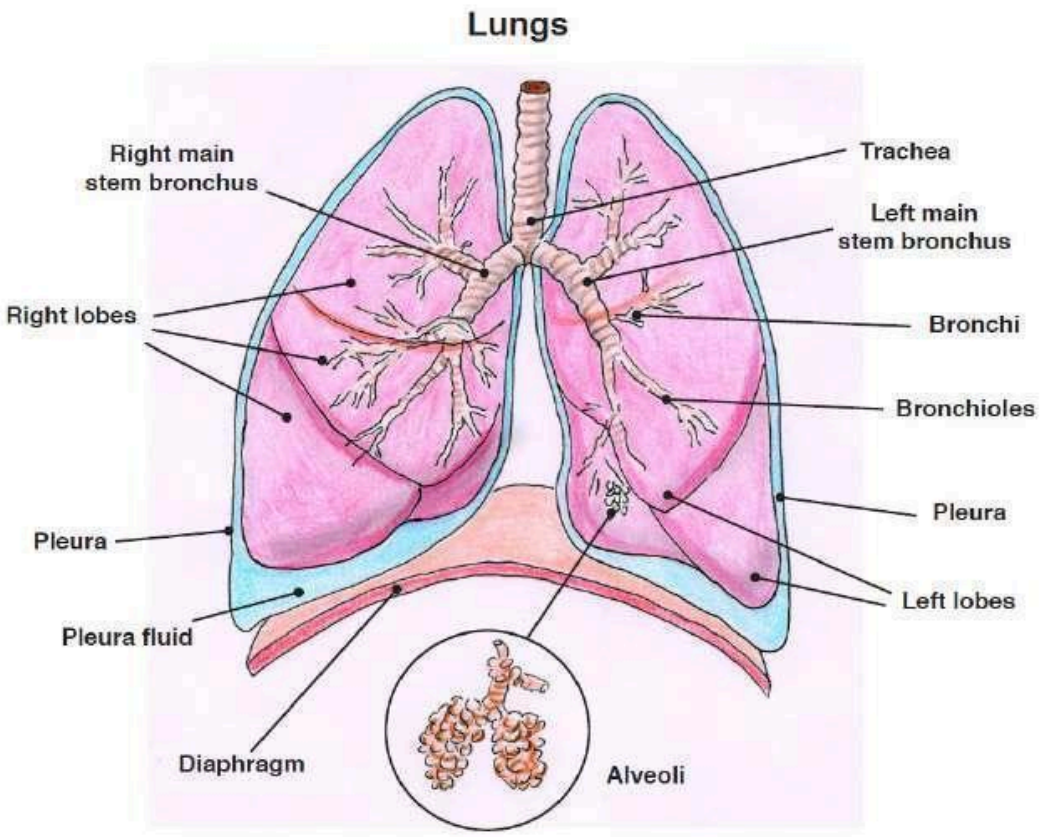


Photo Credit: WimHofMethod.com

When you breathe calmly, the “diffusion surface” (where exchange between CO^2 and O^2 takes place) can stretch up to 70 m^2 yet when you inhale deeply this can expand to 100 m^2. This Wim Hof Method breathing technique allows anyone to reach the largest surface possible. With practice, we can influence the ratio between O^2 and CO^2 in the blood. Based on scientific research after 30 minutes of this breathing technique, Wim Hof’s blood levels showed a significantly low dose of CO^2. The CO^2 levels were even lower after an hour. In addition to this, the amount of O^2 consumption had doubled after 45 minutes.

Oxygen and Our Cells

You know that oxygen is our cells´ #1 fuel. When oxygen enters the body cells oxygen converts into CO^2 and H^2O, which takes place in the mitochondria (aka the “battery” of the cell). They are responsible for releasing energy essential for our bodies to function. They are the energy suppliers of a cell. Absorption of nutrients is connected to oxygen transfer.

One of the pillars of The Wim Hof Method is to increase stamina. I have noticed this personally, and many in my group say their fitness levels have improved, including being able to hold their breath for longer when free diving. Some combine deep breathing techniques, with a round of push-ups, including my 78-year-old client! The power of these breathing techniques can be demonstrated at the molecular level within the cells.

How to Do Wim Hof Breathing

1. Go to this link to view the first breathing exercise: VitalitySecret.com/codes.
2. **Find a place to sit or lie**, where you will be free from distraction. Get into a meditation posture, either sit or lie down — whichever is most comfortable for you. Make sure you can expand your lungs freely without feeling any constriction.
3. **Step 2: Take 30-40 Deep Breaths**. Close your eyes and be aware of your breath. Inhale deeply through the nose or mouth (it’s easier to start with mouth breathing, and I recommend moving to nose breathing when you feel comfortable), and exhale unforced through the mouth. Fully inhale through the belly, then chest and then let go unforced. Repeat these 30 to 40 times in short, powerful bursts. You may experience light-

headedness, and tingling sensations in your fingers and feet. These side effects are harmless.

4. **Step 3: The Hold** As you are about to complete the 30-40 breaths, inhale one final time, as deeply as you can. Then let the air out and pause. Hold your breath with no air in your lungs until you feel the urge to breathe again. When you start off, this will likely be a 60 second breath hold, followed by an inhale for 15 seconds before entering another round of breathing.
5. **Complete 3-4 rounds.** The beginner exercise involves three rounds of breathing with breath holds of 60 seconds, then 90, then 90. In the breathing group I lead, we do 4 rounds and normally finish with a 2.5-minute breath hold, sometimes 3 minutes. It gets easier the more you do it.

You'll likely now feel, in the words of Wim Hof, *"high on your own supply."* Personally, I love to transition straight into meditation after this because of the altered state of mind it helps you to reach. Consistency is what makes this practice highly effective.

If you don't take to this type of breathwork immediately, consider trying a few more times, or another form of breathwork. Or not! It is not for everyone, and there are some health conditions this does not support. I just know how powerful it is, so I wanted to present it to you here.

After breathing this way, you'll likely want to rehydrate, which is a perfect Segway into the next chapter. What is the quality of the water that you are drinking? Are you even drinking enough water, our #2 cell fuel?

CHAPTER 6

TRUE HYDRATION

“Pure water is the world’s first and foremost medicine”

— Slovakian Proverb

Change Your Water, Change Your Life

Water is our #2 most important fuel for our cells and most people do not drink a sufficient quantity. Sodas don’t count! If they do, their water is often contaminated, so they’re not getting what they need from the water, and/or it’s adding unknown toxins into the body. Different organs are composed of different quantities of water. The heart and brain are made up of around 73% water. Have you ever noticed how fast a glass of water can alleviate tiredness? Lungs are around 83% and the skin 64%. We need to stay hydrated in order to thrive. Here, we’ll discuss:

- A strange phenomenon in various bodies of water
- Contaminated water
- How to drink clean and pure water
- Levels 1, 2, 3 of water consumption

A strange phenomenon is being witnessed among aquatic lifeforms. Male fish are growing eggs. In other words, they are feminizing because of what is in the water supplies. Alligator and otter penises are shrinking — don’t ask me how I know that, but somehow, I do. When

researching this topic for my first eBook, Mojo Multiplier, I discovered that men's hormones are being severely disrupted; sperm counts had more than halved in half a century and testosterone levels had plummeted by 22% in just two decades. Operations to correct gynecomastia (aka "man boobs") was the fourth most popular surgery carried out on men in the US (10 years later it's actually the second most common — it's jumped up two places in 10 years).

It became apparent that men are being feminized due to "xenoestrogens." Xenoestrogens are "foreign" estrogens, substances that are close enough in molecular structure to estrogen that they can bind to estrogen receptor sites with potentially hazardous outcomes. I also found out that similar challenges were mimicked among women and that teenage girls are getting their periods earlier due to the same xenoestrogens. An excess in estrogen can lead to several illnesses/symptoms including fertility and reproductive challenges, breast cancer, and more.

The water we´re drinking isn't just unclean with toxins — it's often contaminated with xenoestrogens.

We must drink the purest of water that money can buy. Water filtration plants do not necessarily provide the purest water. Among hormones, there are traces of a wide range of pharmaceutical drugs, chemicals, pesticides, herbicides, insecticides and also chlorine and fluoride that is added to the water supply. In an ideal world, we would be drinking water as Nature intended. The water would come from springs, where it would be pure, having passed through rocks and minerals, making it mineral-rich, be free from any chemical or toxin, and naturally electrically charged with negatively charged electrons, as we will look at soon.

Tap Water

Consider purchasing a high-quality water filtration system. You will also likely appreciate the taste.

Throughout the U.S., water treatment plants are monitored for levels of 94 different contaminants, and this is regulated by the U.S. Environmental Protection Agency. Providing requirements are met, the water is considered legal for drinking. Just because they are legal, does not mean they are safe, and regulations actually allow unhealthy levels of certain contaminants.

It doesn’t take much to reach unhealthy levels, sometimes only one drop in an Olympic-sized swimming pool is enough to be toxic. Some contaminants are known to cause cancer and other health concerns that are not regulated, even though they have been commonly found in U.S. tap water supplies. In some cases, even if water is “legal” when it leaves a treatment plant, it can become contaminated on its way through service pipes and into homes, which can become rusty and corroded and leach toxins and metals into the water.

These contaminants pose a threat, and you cannot rely on how your water tastes, smells, or looks to determine whether it is safe to drink or not.

The first measure I always recommend to my clients is to invest in a high-quality water filter that removes these contaminants — not just a few of them. We can get used to contaminated water, until we taste pure water, and then we never want to drink unfiltered water again. I recently returned to England to see my family after spending a year in Mexico. I poured myself a glass of water from the tap (their filter was in urgent need of replacement), and I almost spat it out. The first thing I did was buy them a new high-quality filter filtration jug. It's also not easy to detect taste

when one doesn’t drink water in its pure form, and instead only drinks tea and coffee that masks the taste of the water. Water is our #2 cell fuel!

Here are some of the contaminants found in water supplies across America, and it’s similar elsewhere:

- Arsenic
- Atrazine
- Barium
- BPA
- Chlorine
- Chloroform
- Chromium 6
- Fluoride
- Glyphosate (Round Up)
- HAA5 (Haloacetic Acids)
- Human Hormones
- Lead
- Microplastics
- Nitrate
- Perchlorate
- Pesticides
- PFAS (Perfluorinated chemicals)
- Radiation
- Styrene
- Total Trihalomethanes (TTHMs)
- Viruses

It is important, at the very least, to invest in a high-quality filtration jug/system. One company I recommend in the U.S. is called ClearlyFiltered. You can see which contaminants this company removes on its website.[36] Its filtration system uses 7+ proprietary filtration materials for multiple stages of filtration that can remove up to 99.9% of 270+ contaminants.

Bottled Water

You might be wondering if it’s safer to drink bottled water. Other than the environmental impact (which is huge), and the cost — bottled water is somehow often more expensive per liter than gasoline — the main thing to consider is how contaminants from the plastics leach into the water. This is a problem, particularly in the heat.

Most of the water bottles found on grocery store shelves are made of a plastic called polyethylene terephthalate, or PET. You can recognize it by the recycling number one, and this is accepted by most recycling programs.

A study[37] conducted by scientists at Arizona State University in 2008 looked at how heat sped up the release of antimony in PET bottles. Antimony is the material used to manufacture the plastic and can be toxic in high doses, as reported by the National Institute of Health[38] (NIH). In mild, 70-degree weather, the researchers measured safe levels of the chemical in the bottled water. That alone is questionable — why is it safe to consume chemicals? That aside, the hotter the day, the faster it took for water to become contaminated. Water bottles are transported in vehicles, often in hot climates, depending on where it is shipped from. By the time the water reaches your lips, it might well be contaminated.

In 2014, scientists found high traces of antimony and a toxic compound called BPA in water sold in Chinese water bottles.[39] Scientists, according to a 2016 study,[40] found high antimony levels in bottled water sold in Mexico. Both studies tested water under conditions that exceeded 150 degrees Fahrenheit, representing worst-case scenarios.

According to the International Bottled Water Association[41], bottled water should be kept in the same conditions that consumers keep other groceries.

What about Reusable Containers?

Reusable containers are normally made from high-density polyethylene (HDPE), or polycarbonate. To make these bottles hard and shiny, bisphenol-A or BPA is used, a compound that has come under fire for its toxicity. BPA is an endocrine disruptor and is found in many plastics. Endocrine disruptors affect normal hormone function and lead to a slew of dangerous health issues. As mentioned earlier, “xenoestrogens,” and other toxic endocrine disruptors like this can lead to health challenges for both men and women. BPA has been linked to breast cancer, for example. Studies have linked the compound to breast cancer.[42]

The safest way to buy water is to stick with spring water in glass bottles. That is typically more expensive.

I encourage you to invest in a high-quality water filtration jug or a system that removes toxins but not the minerals. Reverse osmosis removes everything, including the minerals. It is possible to become mineral-deficient by drinking RO water if one is not mindful about replacing the minerals in other ways.

How to Go About Drinking Clean Water?

Level 1 of drinking water is making sure it is toxin free by investing in a high-quality filter.

Level 2 of drinking water is ensuring the water is electrically charged, as it is in Nature. Please head to the link below to learn about electrolyzed, reduced water, and its anti-inflammatory and antioxidant prowess. Believe it or not, some people can change their water alone, and get life-transformative results.

Level 3 of drinking water includes the above two, and then “structuring” the water.

Another fascinating part to know on water is the Fourth Phase of Water. This was removed, here, due to word count restrictions, but you can find this on my website. There is much more to water than most people realize. Water carries energy, and we are mostly made up of water. You can access this in the bonus resource section.

In summary, drinking the purest water money can buy is essential for Vitality. Consume water that is as close to its natural state as possible, as found in nature. It's clearly not practical for most of us to drink directly from a spring, but thanks to technology there are ways of drinking water that mimics properties of water of certain "healing springs" around the world.

This section was cut down considerably by the publisher with whom I was originally working due to word count. Go to VitalitySecret.com/codes for information on water solutions and services. Change your water, change your life.

You will also find ideas of what you can drink that is not water, that is healthy, and not full of sugar. Water will always be the best way to hydrate, and there are tasty alternatives.

Have you ever felt confused about the most effective way to eat to get results? In the next section, we simplify the battle of the diets…

CHAPTER 7

LET THY FOOD BE THY MEDICINE

“The food you eat can be the safest and most powerful form of medicine, or the slowest form of poison.”

— Ann Wigmore

Simplifying the Battle of the Diets

Nutrition can appear complicated with many approaches to diet including paleo, ketosis, “dirty keto,” “clean keto,” “high-fat low-carb,” “high-carb low-fat," pescatarian, vegetarian, fruitarian, carnivore, vegan, raw vegan, grain-free vegan, grain-free vegetarian! It can get confusing, particularly when each of the proponents is arguing why their way is scientifically proven to be THE way. *“The human body must consume animal meat and here’s the scientific proof!”* Versus *“The human body is not designed to consume animal meat and here is the scientific proof!”* It's like the battle of the diets. And there isn’t “one-size-fits-all” thing — everybody is different.

Here we will cover:

- Commonalities across every “diet”
- Removing toxicity — three staple culprits
- What is true food, aka nutrients?

- What works with people who reverse incurable illnesses — a few examples
- Basics of real food

Our cells require nutrients, as nature intended. It means sticking to *“The Nature Codes,”* and ignoring about 90% of grocery store shelves.

If you do not recognize an ingredient, your body won’t either. #inflammation

The first fundamental I discovered that worked across the board in terms of diet were to consume food as Nature intended, which meant consuming organic (to avoid chemicals such as pesticides, and fungicides, antibiotics & hormones in animals), nothing processed or man-altered, GMOs, hybridized Roundup Ready wheat, elimination/restriction of dairy, and limiting sugar (unless it’s from fruit). Many symptoms can be alleviated or even eliminated with the removal (or replacement) of these three food types.

Allegra Cohen, for example, was diagnosed with Crohn's Disease at 16 years old. Since then, she has been on medications, on and off, for 20 years. A life-altering flare up, a pivot in her life, as she describes it, caused her to make a radical decision in changing her life and diet. She discovered an anti-inflammatory protocol, which meant eliminating certain culprits. For her, this meant eliminating sugar, gluten, dairy, eggs, and also sodium.

I found that the majority of those who reversed an autoimmune condition, such as multiple sclerosis, had done so by removing / replacing grains, eggs, and nightshades. This is in alignment with two autoimmune protocols called The Wahls Protocol or The Myers Method. Grain-free vegan, or paleo (which is, by definition, grain-free), is an effective dietary approach for reversing autoimmune conditions that involves a major focus on healing the gut. I’ve discovered

since living a majority paleo way (modified to have more plants and less meat/fish), that grains can be inflammatory.

The argument for a grain-free and legume-free diet is that grains are designed for birds (expanded more in *The Vitality Secret*). Birds have the digestive tracts to digest grains, humans do not. Grains and legumes can cause leaky gut, which leads to autoimmune disease. This is not the case for everyone, clearly. That said, if you do suffer from an autoimmune condition, I'd *highly* recommend considering a grain-free diet – at least until healed.

I referenced two game-changing books in *The Vitality Secret* — *Grain Brain* and *Wheat Belly* — which both discuss in detail how gluten and other grains can affect our health.

> "Researchers have known for some time now that the cornerstone of all degenerative conditions, including brain disorders, **is inflammation**. But what they didn't have documented until now are the instigators of that inflammation—the first missteps that prompt this deadly reaction. And what they are finding is that **gluten**, and a high-carbohydrate diet, for that matter, are among the most prominent stimulators of inflammatory pathways that reach the brain." – Perlmutter, 2013

Grain Brain was written by neurologist Dr. David Perlmutter. He dedicated 35 years of his work to addressing the effects of grains and other carbs on the brain and body. He has helped thousands of people regain their brain health by freeing themselves of the effects of grains, and not just gluten. He reports that when we're constantly exposed to high levels of insulin, as a result of grain consumption (and high GI carbs and sugar), it actually affects our ability to focus, concentrate, and remember things. It cognitively impairs us, meaning it harms the brain and prevents it from functioning to its full potential. This can lead to brain fog and depression.

The Autoimmune Solution, by Dr. Amy Myers, and *The Wahls Protocol*, by Dr. Terry Wahls, discuss how to reverse

autoimmune conditions, and repair “leaky gut” with paleo principles and avoiding “nightshades.” These are certain vegetables and fruits that can cause inflammation in the gut or leaky gut. They have their own defenses, and these natural chemicals can cause harm to our own immune systems. Common nightshades include white potatoes, tomatoes, eggplant (aubergines), bell peppers, and chili peppers. See food resources for more examples. Since various spices and spice mixes are made from chili peppers, nightshades can be found in a variety of processed foods! Please note: a strict anti-inflammatory diet is just one piece of the autoimmune protocol. It also requires paying attention to all lifestyle habits, as well as a huge focus on mental, emotional, and energetic wellbeing.

While paleo is effective in reversing autoimmune conditions, other dietary approaches like a vegan or vegetarian approach can be effective. A grain-free vegan or vegetarian approach might be more effective than vegan or vegetarian with grains. Personally, I feel that it is much more challenging to consume a diet that is vegan or vegetarian without any grains. If you’re curious about what it takes to reverse an incurable illness, I invite you to listen to some episodes on The Vitality Secret Podcast at VitalitySecretPodcast.com.

Another commonality I came across during these interviews was that, from a dietary respect, they all increased their micronutrient intake (vitamins and minerals) predominantly from organic vegetables, and a little fruit. Too much fruit can be a challenge for some, given its high sugar content. Vegetable juicing is an effective way to ensure you increase your micronutrient intake. (Pure celery juicing on an empty stomach has remarkably powerful benefits unless you are on blood thinners. Check out Medical Medium for information on that.) Most people don't consume sufficient micronutrients. I heard a holistic health practitioner, on the

amazing documentary Food Matters, say: *"We are stuffing our faces and we are starving. We are obese and we are starving."*

When addressing diet, there are several steps to consider. Ultimately, we want to be eliminating (or reducing) toxins and replenishing with natural fuels.

1. Eat real food. Switch to as clean a diet as you possibly can, by sticking to the Nature codes. If it is packaged or processed, the chances are, it'll have flavorings or preservatives in it, and sugar. This means no packaged goods, or being very mindful about what you purchase, and getting into the habit of reading the labels**. If you don't recognize an ingredient, your body won't either. #Inflammation.** Be aware of made-to-look healthy food.
2. Consider switching to organic and pasture-raised, money permitting. We do have a sustainability challenge right now, and I don't believe we need to consume as much meat or fish as we are consuming.
3. Increase your micronutrient intake. There is normally no harm in increasing vegetable intake. Seek out organic stores where you can save money. The exception to this might be an autoimmune disease that will normally require eliminating nightshades while you heal.
4. Eliminate (or replace) gluten, dairy, and refined sugar. See how you feel. You may choose to stagger this transition.
5. Consider grain-free living. This is a lot easier if you eat meat and fish and eggs. It is possible as a vegan or vegetarian, but a lot harder. If you are a

vegetarian or vegan, it is worth considering at least refraining from gluten, and the next step would be to consume only pseudo grains like millet, buckwheat, amaranth, and maybe a little white rice. Contrary to popular belief, white rice is less inflammatory than brown rice, although slightly higher on the glycemic index.

6. Limit refined sugar. It is inflammatory and spikes insulin, your fat storing hormone, and can lead to a myriad of health challenges. The same goes for alcohol. Sadly, it is a toxin, and must be limited or avoided. I do occasionally drink alcohol, I want to be transparent about that, but I do my best to be conscious about quantity and do what I can to mitigate its effects with principles outlined throughout this book.
7. Consider fasting. It has a plethora of health benefits, including it being superb for reducing inflammation, for improving/reversing insulin resistance and, for current times, is a great way to balance from “Long Covid” and the lingering spike protein from either the virus or the inoculation. There are a variety of ways to fast. The Vitality Secret explored this in greater detail.
8. Consider the ketogenic diet. It, too, has a myriad of health benefits, although I would personally say this is not a good long-term strategy. In short, nutritional ketosis refers to the liver-producing ketone bodies in the absence of the introduction of carbohydrates into your body, and your body fuels very efficiently off these ketones, as does your brain. The brain favors ketones over glucose. It is a fast way to burn fat, reduce inflammation, and is particularly useful with neurodegenerative disorders.

9. Take supplements relevant to what you need. A good kinesiologist, bio-resonance test, microbiome, or blood test will tell you where you are deficient and thus, which ones you need. A few you might regularly choose to take are Vitamin C, D, CoQ10, zinc, magnesium, probiotics and probiotics, glutathione, but testing is the only way to truly find out where you are deficient and what your body requires. I suggest Functional Medicine or Naturopathic Medicine to help you with this.

Go to: VitalitySecret.com/codes for resources on food and for a free e-copy download of The Vitality Secret. As you switch to an anti-inflammatory diet, you'll notice unwanted body fat drop off with greater ease, energy, and concentration will likely improve, and symptoms will likely ease as well. And this is just from diet.

Sunlight: The Ultimate Fuel?

"Light is the basic component from which all life originates, evolves, and is energized. Light and health are inseparable."

— Ken Ceder, former co-director of Hippocrates Health Institute, Boston, Massachusetts

Do you feel healthier in the summer? Do you find you get sick less frequently? In this section I shed light on why the sun is so crucial for our survival and to thrive. A lot of us are stuck indoors under artificial light, looking at artificial light on computer screens. Sunlight is a supreme form of energy that is free, and remarkably potent! We will look at:

- The fastest remedy for my eczema starting in childhood

- How Vitamin D and sunlight is anti-inflammatory and protective
- How energy from the sun charges our natural battery packs
- Does sun really cause melanoma or is artificial light the more likely cause?
- Easy ways to get sun exposure, and best times of the day

When my sisters and I were growing up, my parents would take us to Turkey and Greece for two to three weeks during the summer. We were very fortunate to be able to do this. It was the perfect environment for my skin to heal from eczema, and it was something I'd always look forward to — aside from the fun water sports we'd learn during the day underneath the hot, blissful Mediterranean sun.

I'll never forget my very first holiday in Turkey when I was 7, when I went into the sea and my skin was so painful due to exposed raw skin on various parts all over my body. My mother insisted that I stay in the water, as it was good for my skin. I didn't realize at the time how loving she was being, I thought she was being mean! In a few days, the stinging sensation eased, and within a week my skin was completely healed.

The combination of the sun and sea was something that became a godsend for alleviating my eczema. The first days in the sea salt would normally sting, and after a few days my skin would return to what I'd consider "normal." On returning to England, the eczema would often come back within a few weeks — unless it was sunny. The sun in England seemed to have magical properties as well. It just wasn't as consistent as the Mediterranean.

From my later teenage years, I decided I wanted to live somewhere in the sun. It makes me happier, it's clearly more pleasurable, and it keeps my skin looking healthy.

Given that the largest organ is the skin, and it’s the first indication that the body is out of balance (inflamed) when symptoms are present, I would say my good skin, is overall, an indicator of good health for me, under the surface. (That’s a personal rule of thumb, by no means scientific.)

So, what’s so powerful about the sun? Is it just the sun or is it the sea and sun combination? Let’s start with the sun.

First off, most of life on the planet utilizes the sun, in one form or another, and uses it to produce energy, heal, produce hormones, and communicate. It can prevent disease and even prepare your body to produce hormones that it needs for optimal health each day.

A recent clinical review published in the The Journal of the American Osteopathic Association[43] found that 1 billion people worldwide may have deficient or insufficient levels of vitamin D due to chronic disease and inadequate exposure to this nutrient.

It's not an unknown phenomenon for people to block the sun when they are exposed, by slapping sunscreen all over themselves (with ingredients that are often toxic).

Sunlight Produces a Vital Nutrient.

Sunlight, specifically Ultraviolet-B (UVB) light, Ultraviolet-A (UV-A), and Infrared-A (IR-A) support the body’s production of the hormone, Vitamin D sulfate on the skin, melatonin, and dopamine. The sun can even set the body up to better absorb sunlight itself, later in the day, protecting against too much sun.

Vitamin D produced by the sun happens to be water soluble, making it easy to be absorbed and used by the body. This in contrast to Vitamin D found in supplements, which is not sulfated, does not share the same

characteristics, and, unsurprisingly, is not as effective as that from sunlight itself.

Exposure to morning and evening sun, where there is less UV light, prepares skin to receive UV rays later in the day, according to a recent study[44]. Vitamin D protects the skin from the rays of the sun that could harm us later in the day! Sunlight protects you from the sun. Go figure.

The sun is necessary for life on earth. Without it, life would cease to exist.

Dr. Jack Kruse, previously a neurosurgeon and pioneer in steering sunlight-based education on nutrition,[45] reports that sunlight is more important than the food you eat. When you set up your light environment properly, you can eat less food. He goes as far as to say you can build the body you want with sunlight, more efficiently than you can with food. That's quite the claim!

Sunlight and Longevity

According to Kruse, cell division, cell time, and cell life are based on signals from light and this, therefore, impacts our longevity:

> "In 1964, John Ott along with Dr. Irving Leopold studied the effects of light on rabbit retinal pigment epithelial cells. They documented that that retinal pigment epithelial would not divide unless they were exposed to low levels of ultraviolet light. Roeland van Wijk research has shown that every cell on Earth must release ELF-UV light from its surface to stimulate mitosis. What this implies is that UV light is necessary for our health because the RPE in the human retina controls our eye clock! The eye clock is what controls our circadian rhythms in our cells, and they all link coherently using light water and magnetism to control growth and metabolism. The effect is massive on our lifespan."

There is much more to light than most of us realize. Sunlight can literally heal the body, while indoor light (looked at more in the sleep section) can be toxic. Based on some breakthrough discoveries, it appears that sunlight is

the ultimate nutrient, as Brian Richards stated in our podcast interview, and most of us are sunlight deficient, resulting in a Vitamin D deficiency.

We are the only species on the planet that restricts ourselves from natural sunlight. We are supposed to be outdoors and exposed to the sun. That doesn't mean tanning ourselves until we burn. It means being intelligent about it, and exposing ourselves at times when it is not harmful, like sunrise and sunset and, depending on where you live in the world, at some stages during the day.

Sunlight is essential for our health and Vitality, and it might just be the ultimate nutrient (or lead to the creation of it), but many people are malnourished in Vitamin D. Create time in your day to get into the sun, preferably around sunrise or sunset, although that's clearly not realistic for everyone. If weather permits, take your shoes and socks off and walk on grass/ soil/beach while exposing your skin to sunlight. If you're in an office for work, it's worthwhile getting out and about to reduce exposure to fluorescent lighting and get some real light onto your skin. It doesn't necessarily have to be a blistering sun — we still absorb rays through the clouds. Using your lunch hour or break times to be outside can go a long way in increasing your Vitamin D absorption.

Go to VitalitySecret.com/biohacks to find out more information on electrifying your body with the sun and with the ground and with various ´bio-hacks´ like infrared light and heat. Most of these bio-hacks help to detoxify, which is what the next chapter is all about. Are you ready to address your fundamental cell "fuel" / requirement, #4: detoxification?

CHAPTER 8

DETOXIFY

“The body only wants to heal. It is crying out to heal. It wants to naturally detoxify and only the body can detoxify itself — provided there’s no toxicity coming in.”

— Jason Vale, Hungry for Change

Sad fact: We live in an increasingly toxic world. And we, the human species, are doing this. It is understood on a simplified level, in holistic health, that all disease is a result of too many toxins, along with unresolved trauma and deficiency of cell fuels. Here we will look at:

- Stepping out of the way
- Where toxins come from
- How to reduce or eliminate them or exposure to them
- Their role in chronic inflammation

I see healing as stepping out of the way. We’re the ones who prevent the body from healing itself — across the four pillars. In this first section of the chapter, we will address what might be causing toxicity in your body. Then in the following three sections, we’ll explore detoxification.

A couple of years ago, I interviewed a friend of mine, Krisstina Wise, who runs a company that helps you to balance health with wealth. Like everyone who works in holistic health, she has her own story of near-on miraculous

healing after her brain almost shut down. She also witnessed her father pass from cancer after following the conventional route, when she knew from her own research that there were superior, non-toxic, and effective options. Her own story is moving.

She was going about her days as usual and delivered a keynote speech to an audience at a property event. This was her career at the time. After the talk, she fainted. Her mental health took a turn for the worse, and she started to make no sense to her husband who, as you might imagine, was petrified to witness what was happening to his wife. With numerous visits to multiple doctors and specialists, they could not find anything wrong with her. Her brain had shut down, she couldn't speak full sentences, and she had terrible ringing in her ears that made her feel crazy. She suffered from deep depression and anxiety that was debilitating. *“I was an iconic leader and national speaker one day -- who never suffered from any mental illness — to being incapacitated and not being able to think for myself. The mercury had gone to my brain and wreaked havoc. Conventional medicine couldn't find anything wrong with me and said it was in my head.”* (This was despite her losing almost 90 pounds, her hair, and the capacity to take care of herself). They put her on medication after medication, which made her worse and worse. It was a Functional Medicine doctor who asked questions and discovered the catalyst for her decline — heavy metal poisoning.

In 2016, I attended The Truth About Cancer Live Symposium. Losing three friends to cancer in the space of a year inspired me to thoroughly research cancer. My mother also suffered from breast cancer. Thankfully, she’s still alive today, 25 years later, after following conventional treatments. Friend of hers died around the same time with the same cancer following the same treatment protocol.

It was at this Cancer Symposium where I first heard Dr. Rashid Buttar talk about the “7 Toxicities," and other doctors speak on environmental toxicities including “Dirty Electricity," EMFs (Electromagnetic Radiation is looked at in greater depth in the next chapter), poor air quality, fumes, toxic mold (normally in homes), chemical plants and geopathic zones (where there are underground rivers and tectonic plates causing radiation above). Even though it was claimed that he was spreading “misinformation” during Covid, I am choosing to honor him, and present his 7 toxicities here, and you can decide if this resonates.

Dr. Buttar´s 7 toxicities include:

1. **Heavy metals** (Mercury, arsenic, cadmium, lead)
2. **POPs - Persistent Organic Pollutants.** In this study, 10 new-born babies’ umbilical cords were tested for pollutants. They found 287 pollutants — in newborn babies.[46]
3. **Opportunistics.** This is where people’s immune systems are suppressed for some reason. In other words, some people’s immune systems don’t appear to work as they should. Some people will not generate a fever when necessary (a fever is the body is detoxifying). According to Dr. Buttar, immunosuppression happens because of heavy metal exposure and persistent organic pollutants. They depress the immune system, allowing “opportunistics” to set up house and cause a “subclinical infection.” This is a low chronic infection. The first 3 toxicities are measurable. The next four toxicities are more esoteric.
4. **Energetics.** This is **electromagnetic radiation**, microwave technology, radio frequencies. This is

looked at in greater depth in The Body Electric chapter.

5. **Emotional and Psychological** - This is close to #1 as being the most important. According to Buttar, it can be a definitive difference in the effectiveness of the treatment of metastasized cancer.
6. **Foods** (or what we have done to our foods). How we treat our foods is also vitally important. Artificial flavorings, preservatives, added sugar, deep fried foods, chemicals, pesticides, herbicides, fungicides, insecticides are all inflammatory. This last one points to the use of microwave ovens. He reports that they checked cancer patients energetically; the #1 negative energetic exposure was in the microwave. Microwaves are used in most households. You might wish to throw it away.
7. **Spiritual Toxicity.** This is one that can ruffle feathers but can be a significant release of toxicity/resistance to healing. My understanding from Dr. Buttar is that this means when you believe in something so vehemently, or when one is subjected to, or instilled with, certain beliefs, it can stand in the way of healing.

All of these toxicities lead to what is known as free radical damage. A free radical causes oxidative stress. What is oxidative stress? Imagine an apple: after you have cut the apple, it turns brown. This is oxidative stress. An antioxidant helps to prevent this. In general, stress is the most potent form of oxidative stress. Knowing this, it might not come as a surprise that meditation is the most potent antioxidant. Breath and/or meditation is highly effective at creating calm in the body.

Another talk I attended was by Dr. Lee Cowden. I use this slide in many of my webinars to help illustrate the ultimate cause of illness. A similar way to look at this might be Causes of Chronic illness by Dr. Cowden:

1. Under-oxygenation of cells (shallow breath, fibrin in capillaries, (02shunt)
2. Acid-base imbalance (allergies, stress, eating wrong foods for metabolic type, hypoxia, nutrient deficiency & metabolic poisons)
3. Insufficient nutrients (poor intake / absorption & nutrient wasting)
4. Inadequate sleep, relaxation, brain-games, stretching, exercise
5. Disturbed cell membrane electromagnetic charge
6. Radiation pollution, electromagnetic & geopathic
7. Poor messengers (hormones, neurotransmitters, SNiPs)
8. Injuries / other structural (TBI, skill jamming, scars, jewelry)

What else might be toxic to the human body? If inflammation is your immune system reacting to something foreign in the body, (or chronic stress), it starts to become clear why a lot of people get sick when they have had some form of foreign object inserted. Breast implants are one to consider. I invite you to listen to my podcast interviews on this subject.

From now on, I invite you to think about what is man-made, and what is not in alignment with The Nature Codes. I'll use that term throughout because I truly feel it can be that simple. What is in the cosmetics you are using, such as creams, shower gels, conditioners, soaps, deodorants, make up? What is in your detergent? How is your food prepared?

Is it laced in chemicals? Do you have mercury in your mouth or an infected root canal? Are you living near a cell phone / mobile phone tower?

Is there mold in your house?

Toxic Mold

The first authority who came to mind on this subject is Dave Asprey, aka the “Father of Biohacking,” 4x New York Times Bestselling author, host of the Human upgrade Podcast, CEO of Upgrade Labs. He’s devoted considerable energy to this topic due to his own personal experience. This is a toxin with which many are familiar yet might not know the extent to which this can affect us. According to Asprey, toxic mold affects at least 100 million people in North America alone. A geneticist and mold researcher on his podcast, Dr Andrew Heyman, stated “we estimate that 22 percent of the population is vulnerable to black mold exposure.”

After a huge flood that cost Asprey and his family their home, they rescued most of their belongings. His family and the volunteers who helped salvage everything paid a price with their health they knew nothing about. They worked with moldy building materials. Any time drywall or wood or almost any surface gets water damage, toxic soil mold becomes an issue.

Why Is Mold a Problem?

We have an energy-generating system that is based on ancient bacteria, and it evolved to become the mitochondria of our cells. Mitochondria is also known as the cell battery. Mold is the enemy of bacteria and is toxic to your mitochondria. (Interestingly, antibiotics that kill bacteria are derived from mold!)

Optimal mitochondria function is what keeps us young (biologically) and enables us to perform at our best. Find out more in Asprey's New York Times Bestseller, 'Head Strong'.

When we are exposed to the toxic mold poisons in water-damaged buildings, we are prone to an inflammatory response, and also mitochondrial damage. This means your body cannot make energy the way it is designed to. (As you will see in The Body Electric section *"a characteristic of chronic illness is low voltage to an organ.")* Many systems in your body can malfunction when there is not enough power, leading to a variety of symptoms.

How Mold Affects Your Energy

Mold toxins are 'genotoxic', and this means that they cause DNA damage. They actually mutate your DNA, and this can lead to cancer and cells that cannot function optimally. (The Body Electric section explains this further.)

Mold toxins break down the fatty covers that encapsulate your brain cells (neurons) called myelin. Myelin is essential to transmit information throughout your brain. The breakdown of myelin is also a primary cause of neurodegenerative disorders including Multiple Sclerosis, Motor Neuron Disease, Parkinson's, and Alzheimer's.

Mold toxicity is linked to a myriad of symptoms. Due to the fact that we each have a different biological blueprint, these symptoms affect us in different ways - much like chronic inflammation.

It is worth seeking out a specialist on this subject. The person who diagnosed Asprey was Dr Daniel Amen, one of America's leading brain doctors. Seek one in your area, to assess whether this might be a cause to consider.

Frustratingly, mold exists beyond water damage in homes. It is found in our food supply, especially grains and

fermented foods like coffee. It is therefore important to choose coffee that is mold-free and choose low-mold food.

If you're suffering from anything and cannot get to the bottom of it, this is something to seriously consider. Check out Asprey's documentary, 'Moldy', and his website for a protocol in which to follow if your house gets flooded, and how to recover from potential mold poisoning. It's too detailed for this book.[47]

The next section is about the primary way in which we detoxify our bodies, breathe.

Breathe Out Your Toxins

"Improper breathing is a common cause of ill health"

— Dr. Andrew Weil

In our ever-increasing toxic world, it is important to detoxify the body, and to do this daily. Most detoxification happens automatically anyway, but there are ways we can supercharge these various mechanisms. Our breath plays a crucial role in the elimination of toxins — so much so that I wanted to dedicate a whole section to this topic. Here we will cover:

- How detoxification is a fundamental requirement
- Story of a remarkable result from a powerful breathwork practice
- Breathing and detoxification
- Symptoms of poor exhalation
- How to best use your lungs to detoxify

A fundamental requirement (or fourth "fuel") for every one of our 50 trillion cells is eliminating waste and toxins. Too many toxins lead to a toxicity overload, chronic inflammation, decrease in oxygen into cells, a drop in voltage, and illness that follows.

Various organs detoxify the body, although due to the ever-increasing toxic load, they tend to be overworked, and a lot of people remain toxic and chronically inflamed.

Toxicity comes in various forms, but here are three main areas, 1) environmental (internal and external), 2) “food," 3) our thoughts and our emotions. The last two are more important than most believe. The science behind the mind-body connection, and how our thoughts and emotions can make us sick, or Vital, is absolute. I will explore this further in later chapters.

Healing with Breath

A couple of years ago, I watched a video of Indian children doing unexplainable tricks that required their eyesight — with their eyes closed. These included playing games and reading from books while blindfolded. I thought, “That’s cool, I wish I was brought up in India; then I could have learned those party tricks as a child.”

You are likely wondering: What on Earth does this have to do with detoxification? Bear with me. In the last year, as part of a mastermind group I’m in, I was fortunate enough to be introduced to a company that teaches people to “see” with their consciousness, their third eye. If this is a little out there for you, consider those who can remote view. This is a skill that many of us can actually learn and master, and a reminder of the abilities we have access to when we turn away from conventional thinking.

I’m sharing this with you now for one main reason: To access altered states of mind, to access these *superpowers* we all have, we must drop into the world of energy. We can access this fascinating world of energy by various means, and one of the fastest is via specific forms of breathwork combined with movement. You can access an altered state

of consciousness, which helps you to become familiar with your *energy body.*

The company that I'll discuss in more detail in Chapter 12, Going Quantum, has been utilizing breathwork in their school in Indonesia for 20 years, where they learned a martial art and a form of breathwork and meditation system, practiced by the royal family of Central Java for nearly 500 years. I attended one of their breathwork sessions recently, and something big happened. (I'll get to that in a moment.)

So why am I telling you this now? I was reminded that we exhale 70% of our body's toxins through breath**.** You might consider your lungs to be like your body's exhaust pipe.

First, imagine what happens if that exhaust is blocked or if we are not exhaling efficiently. As cited in ***Breath***, emphysema is a gradual deterioration of lung tissue, indicated by chronic bronchitis and coughing. The lungs get damaged, so much so that people with the disease can no longer absorb oxygen effectively.

> "Emphysema, he realized, was a disease of exhalation. The patients were suffering not because they couldn't get fresh air into their lungs, but because they couldn't get enough stale air out."

Recirculating exhaled toxins can lead to bacterial pneumonia and other lung challenges. Not breathing and exhaling efficiently means we are not detoxifying efficiently.

> Another paragraph grabbed my attention in ***Breath***:
>
> "They told crazy stories, about how they'd breathe in ways that expanded the size of their lungs by 30 percent or more. They told me about an Indian doctor who lost several pounds by simply changing the way he inhaled, and about another man who was injected with the bacterial endotoxin E. Coli, then breathed in a rhythmic pattern to stimulate his immune system and destroy the toxins within minutes."

I can hazard a guess that the crazy man who injected himself with E. coli was Wim Hof, aka The Iceman, mentioned earlier. He is famous for doing this. What's most

impressive, is that he also instructed a team to be able to do the same thing — to demonstrate that it wasn't only he who was able to activate the immune system in just a profound way.

Have you ever considered where body fat goes when one is losing weight? Do you poop it out? Sweat it out? No, you breathe it out. The lungs are so extraordinary, and we've barely scratched the surface of how phenomenally powerful the human body is.

Back to the breathwork session with this company — One of their breathing routines involves the complete exhalation of all air from your lungs in combination with a specific body movement. It was during one of their breathwork workshops where I witnessed someone with six months' worth of long Covid report how a one-hour breathing session had eliminated her symptoms. She was in tears of joy as she shared this.

The ultimate cause of all chronic illness is the under-oxygenation of cells. This particular breathwork routine not only eliminates toxins but it oxygenates every cell in your body in a highly effective manner. Sometimes, solutions can be so simple, it'll make you wonder why health has been made to feel so complex. How many people do you know of who will ever come across these techniques? I hope you will share this.

Get Moving to Get Breathing!

In summary, whatever you can do to breathe well, and exhale efficiently, is going to pay you dividends. When we are sedentary, we tend to use around a third of our lungs. When we are active, so are our lungs. Wim Hof breathing as discussed in detail in Chapter 5, Breath Of Life, is remarkably effective at reducing inflammation and

detoxifying the body, as are other forms of breathwork and spiritual practices like yoga and meditation.

To activate your lungs, a form of walking that requires your heart rate to increase a little is going to be the easiest place to start. If that can include a hill or two, even better. When you are out in nature, your mental and emotional wellbeing will also be enhanced. This need not last for hours; a fifteen-minute walk is better than not walking for 15 minutes. If you commit to small chunks of time, it is easy to achieve. It is doable. And then you might add a little more time each time. I recommend working up a sweat as this helps you detoxify.

Yoga is amazing for breathing, and for lymphatic drainage, and detoxification of organs across the body. By combining movement with breath, you will use all of your lungs, you will exhale well, and various movements and postures will help you to raise your body temperature, stimulating your lymphatic system.

Any form of sport that requires movement is going to be effective and fun, or any kind of hobby that is active and that you love, such as dancing, is going to get you using your lungs. You'll sustain it when you are having fun doing it! Enjoy moving and enjoy breathing!

Give Your Body a Service

"If you don't take care of this, the most magnificent machine that you will ever be given . . . where are you going to live?"

— Karyn Calebrese

A car engine has several ways to eliminate waste, primarily the exhaust. If that were to get clogged up, the engine would malfunction. If the oil got dirty and was unchanged,

this, too, would affect the engine. If cooling fluid ran out, the engine would overheat, and also be a costly fix. Why talk about cars this way? The human body also stops working effectively when the various human exhausts get clogged up. Many organs and systems detoxify the body, to allow waste and toxins to be eliminated. Given we live in an ever-increasing toxic world, we need to do more to deliberately detoxify our bodies. Here we discuss:

- Types of environmental toxins
- Primary detoxification organs
- Various “hacks” to ensure you optimize detoxification
- Supplements to detoxify daily

Functional Medicine uses a similar protocol across the board. It includes the 5 Rs: Remove (toxins), Replace (put fuel in), Reinoculate, Repair (the gut) and Rebalance (the body, mind, and spirit). While it is virtually impossible to remove all toxins, we can limit exposure and detoxify. Here is a list of potential environmental toxins excerpted from The Longevity Roadmap, created by Dr. Mark Hyman:

- Arsenic
- Asbestos
- Bisphenol A (BPA)
- Chromium-6
- Dioxin
- Flame retardants
- Lead
- Mercury
- Nano materials
- Perchlorate
- Pesticides
- Phthalates
- PFAS Chemicals
- PFOS, PFOA, GenX

- Triclosan
- Glyphosate
- Mercury
- Parabens
- Electromagnetic fields
- Mold
- Glycol ethers

Any of the body's organs that detoxify can get clogged up with poor diet, excessive environmental toxins, and internal toxins, and also, believe it or not, trapped emotions and trauma. Emotions get stored like electromagnetic bundles of energy all over the body.

Here are our primary detoxifications organs:

1. **Lungs.** The lungs are responsible for the elimination of up to 70% of the body's toxins, including the release of carbon dioxide. We must be active to have healthy lung function, and preferably engage in some form of conscious breathing, like breathwork, meditation, or yoga. Playing sports, dancing, going to the gym, walking around the park, are all ways to keep active. As always, do your best to pick something you love to do so it's easier to maintain.
2. **Lymphatic System.** One of the body's primary mechanisms for eliminating waste is the lymphatic system. It removes and destroys waste, debris, dead blood cells, pathogens, toxins, and cancer cells. (It also absorbs fats and fat-soluble vitamins from the digestive system and delivers these nutrients to the cells within our body where they are used by the cells.) It removes excess waste by passing a fluid through our bodies. A great 'bio-hack' to support your lymphatic system is sauna therapy and steam rooms. Check out my

podcast interview here on infrared heat and light: VitalitySecret.com/biohacks. Otherwise, find ways to move and to sweat. It's how the lymphatic system works best.

3. **Skin**. Skin is the largest organ on the body, and the skin releases toxins through sweating. This is another good reason for physical exertion, and why saunas are so effective at detoxifying the body. If you'd like to hear about the sheer power of near infrared heat and light, for detoxifying and healing the body, check out my interview above.
4. **Liver.** The liver is a major detoxification organ and is the primary organ that metabolizes stored fat. It detoxifies the blood, produces bile needed to digest fat, stores essential vitamins, minerals, and iron, and more.

Here are symptoms of poor liver function:

- Bloating and gas
- Acid reflux and heartburn
- Constipation
- Skin and/or eyes that are yellowish (a symptom of jaundice)
- Inability to lose weight
- High blood pressure
- Moodiness, anxiety, or depression
- Dark urine
- Rosacea
- Chronic fatigue
- Excessive sweating
- Bruise easily
- Poor appetite

Liver Cleanse

1. Remove toxins.
2. Raw vegetable juice (organic preferably) — also effective at increasing your micronutrient intake.
3. Consume potassium-rich foods like sweet potatoes, tomato sauces, beet greens and spinach, beans, blackstrap molasses, bananas
4. Coffee Enemas — Jodie Marie, featured on my podcast, reversed endometriosis and gastroparesis (paralysis of the stomach) with vegetable juicing and enemas, using Gerson Therapy principles. Coffee enemas reduce fatigue, constipation, support liver detoxification and help to clean the blood. **Check out our interview here.** https://vitalitysecretpodcast.com/ - episode 15.
5. Liver support supplements
    - Milk thistle
    - **Dandelion Root**
    - **Turmeric**
6. Real Liver or liver tablets

- Refer to VitalitySecret.com/codes for in-depth information.

7. **Kidneys**. Kidneys filter toxins, regulate body fluid levels and via the urinary track, eliminate waste. A kidney cleanse might involve the following:

    a. Stinging nettle -- rich in Vitamin D, helps to tiler extra fluids through kidneys. A tea is the easiest way, suggested dose: 3 classes a day.
    b. Burdock root — a natural diuretic that

stimulates the kidneys, and helps to eliminate excess fluid, water, and sodium. It increases urine output.

c. Rehmannia — a Chinese herb appropriate for kidney cleanse.
d. High antioxidant fruit — cranberries, black cherries, and blueberries.
e. Beets
f. Seaweed
g. Lemon Juice
h. Spinach
    - Go to https://VitalitySecret.com/codes

8. **Colon**. The large intestine eliminates solid waste through bowel movements after the food has been metabolized. Billions of bacteria called microflora reside in the colon and make around 70% of the dry weight of feces. Other than creating stool, these bacterial organisms are essential for nutrient absorption, maintaining pH balance, and controlling hunger. They also counteract potentially dangerous bacteria. A well-functioning colon is essential for health and vitality.

A colon cleanse can flush out built-up waste. Hydrating the stool helps eliminate old waste. The aim is to optimize the function of the digestive organs and stimulate normal bowel function. They are not necessarily required by everyone, but some people can certainly benefit from them. Some people who are overweight can lose many pounds, simply by eliminating built up waste material, bacterial matter, and toxic material. Note: This isn’t body fat weight; it's the weight of this matter.

The obvious candidate for a colon cleanse is someone who is constipated. Such problems are normally a result of

poor diet, inactivity, recovery from surgery, certain medications, and is common among the elderly, and women in pregnancy.

Go here: VitalitySecret.com/codes for more information on colon cleanses. Coffee enemas and colonic hydrotherapy can be highly effective for certain conditions, although too invasive for some, like IBD or ulcerative colitis. These have been a game changer for many of my clients.

On a day-to-day basis, we can maintain the body, with gentle detoxification.

Here are some foods that detoxify (excerpted from Dr. Mark Hyman's "Longevity Roadmap").

1. Lemon water — great to protect the liver, a gentle daily cleanse.
2. Cruciferous vegetables — broccoli, Brussels sprouts, cabbages, cauliflower, kale, bocage choi, spinach, dandelion greens, collard greens… lots of compounds.
3. Alliums — garlic, leeks, chives, onions, scallions. If the digestive system is compromised, these can be harder to digest raw, and easier to digest when cooked.
4. Spices and herbs — rich in antioxidants and phytochemicals
5. Green tea — loaded with antioxidants and helps boost production of detoxification enzymes.
6. Herbs such as turmeric, garlic, and herbs like cilantro, basil, parsley, and others help to protect from DNA damage — and add flavor.

General Supplements for Detoxification (Hyman)

- Glutathione
- NAC (N-acetyl-l-cysteine) — free radical scavenger
- ALA — antioxidant that helps to support liver function
- Selenium — required for synthesis of glutathione, found naturally in Brazil nuts and meats
- CoQ10
- Zinc — supports body's defense and immune system
- Activated charcoal

Intentional detoxification reduces inflammation in the body, allowing the body to heal itself. If you'd like to do any of the organ detoxes in more depth, then I invite you to go to the links provided.

Sleep To Detoxify, Balance, and Heal

"Sleep is the Swiss army knife of health. When sleep is deficient, there is sickness and disease. And when sleep is abundant, there is vitality and health."

— Matthew Walker, sleep scientist

Most people love to sleep. Many might not realize just how essential it is for the body. Too little sleep, you're tired. Too much sleep, you're tired. It can be a mystery. Here I'll share with you some of the most important reasons we need high quality sleep, covering:

- My own experience with chronic insomnia
- Sleep's effect on the gut, immune system, and hormones

- The Sleep Doctor’s hacks for caffeine and alcohol
- Sleep and Covid
- The simplest way to get a good night’s sleep, regularly

Have you ever struggled to sleep? For 16 months in 2008/2009, I had chronic insomnia. It wasn’t until maybe a month after I left my employment at that time that my sleep started to ease. My sleep is the first thing to go when I am not at ease, out of ease… in disease. I’d never call insomnia a “disease,” but I would refer to it as being out of ease. I had the sense that my body was communicating something to me about my work life. The social scene was amazing, I made solid friends, but I had no passion for the job and could not see myself developing passion about it. Essentially, I felt I was wasting my time, five days a week.

If we are not on the right path, or we are following someone else’s dreams, or in a relationship that we do not want to be in, or we are doing something out of alignment with the truest expression of who we are, our body can create symptoms for us depending on our genetic code. Symptoms show up for me as insomnia or eczema. Lack of sleep had a significant knock-on effect on my eczema, which worsened during this time. Lack of sleep causes inflammation, immunosuppression, hormonal imbalance, and all kinds of other challenges.

On my podcast, I interviewed a good friend, Dr. Michael Breus, aka The Sleep Doctor[48], a world-class sleep expert and bestselling author of four books on sleep. We discussed how sleep affects hormones, mental and emotional wellbeing, the immune system, and how it reduces inflammation. He also has some powerful hacks for caffeine and alcohol. People tend to assume that they can’t drink either if they’re wanting a good night's sleep — but there are ways! And Dr. Michael Breus discusses them in this podcast.

The body detoxifies during sleep and the mind is also hard at work filing all of the information taken on that day.

One of his author contributions to *Psychology Today* is called *Five Things To Know About Sleep And Inflammation*[49];

Sleep, immune function, and inflammation are influenced by the same common regulator.

> "Sleep is regulated by circadian rhythms, which drive hormones and other changes in the body that cause us to move back and forth along a continuum of sleep and wakefulness throughout the 24-hour day."

When our circadian rhythms are out of sync, this affects our sleep.

Our circadian rhythms also regulate our immune system and levels of inflammation. A disruption in circadian rhythms disrupts healthy immune function and leads to an unhealthy level of inflammation, and thus this puts us more at risk of illnesses that are symptomatic of chronic inflammation, which accounts for virtually every chronic illness.

Our bio rhythms thrive on consistency. Balanced circadian rhythms come from a consistent sleep routine. Therefore, going to bed at the same time every night, and waking up at the same time every morning encourages healthy circadian rhythms. This will have a positive effect on your sleep, immune function, and inflammation.

Science shows that too little sleep gives rise to inflammation. Similarly, it has also been shown in studies that moderate levels of sleep deprivation, as many experience on a day-to-day basis, also causes elevated levels of inflammation. This explains why my eczema worsened during my days of insomnia. Conversely, too much sleep can also cause inflammation. Seventy studies into the relationship between sleep and inflammation have shown that excessive sleeping also raises key inflammatory markers, including C-reactive protein.

Most of us have heard that we need an average of eight hours a night. This is not necessarily the case according to Dr. Breus. It can range from seven to nine hours, depending on the individual. Just one night of poor sleep can spike inflammation so it is important to get consistent, high-quality sleep. We know that a poor night's sleep means we cannot function our best the next day. It impairs brain function, affects us emotionally, and it affects us at the cellular level as well. Have you ever noticed that a poor night's sleep causes you to feel down or focus on negative thoughts the following day? Sleep deprivation / restriction is known scientifically[50] to cause us to see neutral and pleasant events in a negative way. High-quality sleep is essential for mental and emotional wellbeing, as well as for immune function and other physiological processes.

It may come as no surprise that stress is a major player in inflammation. Stress has a direct impact on sleep. When we are worried, agitated, anxious, in fight or flight, these emotions make it challenging to get to sleep, and also to stay asleep. This affects your psychology and emotions the next day, which then makes it harder to sleep at night, so it can be a downward spiral.

High quality sleep can help balance inflammation, and sleep can protect us against stress, which is a major contributor to chronic inflammation.

Sleep's Impact on Gut Health

You've already learned the impact of gut health on overall health, and brain function, and how most inflammation starts in the gut. We now know that sleep has a direct impact on the microbiome in our intestines, aka our guts. And we know 70-80% of the immune system is located in and around the gut. Poor sleep and disrupted circadian rhythms affect gut health. Poor quality sleep or sleep

deprivation changes the composition of natural microbiota and beneficial bacteria and increases bacteria associated with disease. Science shows a solid two-way street between sleep and gut health. High-quality sleep helps to balance the gut microbiome, and a balanced gut will lead to better sleep.

Covid & Sleep

During our podcast, Dr. Breus reported that there is a relationship between melatonin and Covid (and emphasizes he was not in any way giving advice on Covid, just reporting on data). Melatonin seems to regulate the cytokine response associated with Covid. Potential modulators are vitamin D, melatonin, and Liposomal vitamin C. Melatonin appears to regulate the process influencing cytokines to go to the right level and fight the infection. If melatonin is not present, the cytokine response doesn't really know when to stop. The over response is likely linked with the more severe symptoms of Covid.

From The Sleep Foundation[51] on melatonin:

> “Melatonin, often referred to as the sleep hormone, is a central part of the body’s sleep-wake cycle. Its production increases with evening darkness, promoting healthy sleep, and helping to orient our circadian rhythm.”

Advice for Good Sleep

Consider a morning and evening routine. Dr. Breus discussed how he breathes with us every morning in a Wim Hof breathing group I run. I always ask my guests what their #1 Vitality Secret is. He reported that waking up at the same time every day was his, along with having high quality sleep.

The Sleep Doctor´s 5 Step Plan to Get Balanced Sleep and Achieve Vitality which you will hear more about on our

podcast, link below.

1. Go to cronoquiz.com to find out chrono-type (Find out if you're a morning or night person. He names them dolphin, lion, bear, and wolf)
2. Stop caffeine by 2pm
3. Stop alcohol 3 hours before bed. Limit alcohol to 2-2.5 drinks. Drink one glass of water for every alcoholic beverage
4. Exercise daily, but not too close to bedtime
5. When you wake, take 5 solid deep breaths. Drink 15-20 oz of room temperature water. Preferably go outside, let the sun hit you. Take your shoes off and get grounded.

As you'll see in The Body Electric chapter, I recommend sleeping grounded with pillowcases and/or grounding sheets so you reduce inflammation in your sleep. There are some exercises you can do prior to sleep, such as breathing exercises and what I call a "super-charged meditation" aka Heart-Brain Harmony (download a meditation at https://VitalitySecret.com/heartbrain.) I also recommend that you not expose yourself to blue light (from screens) at least an hour prior to sleep, and if you do work late, to consider blue-light protection by way of glasses or a screen protector. Blue light is a major topic, as looked at in Chapter 9, The Body Electric. An overactive brain is what typically causes insomnia. Whatever you can do to calm the body, relax the mind, and take yourself out of what might be a stress response will help you to sleep.

Go to VitalitySecret.com/codes for recommendations for products to help you to sleep and to see the full interview with Dr. Breus you can also go to my podcast; https://vitalitysecretpodcast.com - episode 43.

The next chapter is when you will get a much clearer idea about why I use the term “reverse engineer” when it comes to getting to the cause of illness. Imagine we could act like an electrician of our own bodies. Well, that is what I have discovered. We can…

CHAPTER 9

THE BODY ELECTRIC

“A characteristic of all chronic diseases is low voltage to an organ.”

— Dr. Jerry Tennant

Healing Is Voltage

Another huge epiphany I had on my Vitality journey is understanding how we are more electrical than we are chemical. This is when I really felt all of the pieces of the health puzzle neatly connecting. It was as if seven years of research in holistic health (at the time) had been summarized in one 45-minute presentation. I used to be an electrician, so for me everything clicked beautifully. Here you’ll discover:

- How a personal challenge led me to an understanding of the body electric
- That we are wired up like a house, with circuits, battery packs and circuit breakers
- All illness is a result of one major “body electric” principle
- The role of trapped emotions
- What causes voltage to drop and what causes it to rise
- How lasers made me better

In 2017, something strange was happening in my body, and I was certain something was not right with my immune system. It was just a cold that I couldn’t shake off. But, still, it was frustrating, and it was affecting my life. For as long as I’ve been living an anti-inflammatory life (for the most part), I rarely get sick, so I was perplexed. I was doing my usual anti-inflammatory living — anti-inflammatory food, vegetable juicing daily; I was active, working out, doing yoga, and I was getting plenty of sunlight (living in L.A.) and sleeping well. I was happy and not stressed. Yet I couldn’t shake off this cold. A month into it, I decided to see a holistic practitioner recommended to me by a close friend whose health was radically turned around with his help.

I was told within 10 minutes that my immune system had become compromised due to radiation emitted from my cell phone. Three teeth on the side of my mouth where I used to hold my phone were apparently “blown” and had become “depolarized.” He explained that the human body is wired with different organs on different circuits (much like a house is wired) and that teeth act like circuit breakers. This was new to me, and I was confused — I´m a human, not a house. What had apparently happened was that radiation from my mobile phone had caused the electrical charge on my teeth to “flip polarity” from a negative charge to a positive charge. That is not a good thing. This caused the voltage to drop on that circuit that happened to be the immune system “circuit." Ultimately, it meant less power was able to reach my immune system.

So, what was the treatment? Lasers. He directed lasers on my teeth over the course of a couple of days, and quickly my cold disappeared. True story.

Can you imagine how many people today are wandering around with compromised immune systems, due to their cell phone radiation, (or any kind of radiation poisoning) without having the slightest idea? I just had a cold, so I was a lucky

one. Others have far more serious conditions that they tolerate year-on-year. And we have just undergone a radical shift in EMFs with “upgrading” to 5G.

Healing Is Voltage

My experience inspired my curiosity in the idea of “The Body Electric.” Very soon, I came across the research and teachings of a renowned physician, Dr. Jerry Tennant, in particular a presentation entitled, “Healing Is Voltage: The Physics of Emotions.”

And this is when it all clicked:

> *“A characteristic of all chronic disease is low voltage to an organ”*
>
> — Dr. Jerry Tennant

We are more electrical than most ever realize. Every time the heart beats, this is an electrical impulse. Every thought and emotion are electrical, and emotions can even be measured in terms of their frequency. The entire central nervous system is an intelligent wiring system, and when we move, this is made possible through the body’s intricate electrical impulses as signals from the brain communicate with the muscles throughout the body.

In this chapter, you’re going to discover what causes organs to thrive and also to shut down, the importance of cell fuels, elimination of toxins, the impact of trapped emotions (stored in the body as electromagnetic fields), and other factors that might drop voltage to an organ.

When you understand this, you'll understand that you have the power to *reverse engineer* almost any chronic symptom.

You will learn from an electrical standpoint what cancer is and how it is created in the body. Dr. Jerry Tennant’s

teachings reminded me immediately of what I was told by the kinesiologist I mentioned above.

Dr. Jerry Tennant´s own story is powerful. It wasn't until he researched cell biology from the likes of the aforementioned Dr. Bruce Lipton and many others, that he realized some fundamentals of how the human body functions were missing from his training as a physician. This is why he could not get an answer for his own suffering — until he had a major breakthrough. (There's that "Wake Up call" thingy again!)

Dr. Tennant developed encephalitis, following years of using lasers to remove scars from the eyes of patients with leukemia. The encephalitis damaged his brain to the point where he quit work. Dr. Tennant spent most of his days in bed. The best doctors told him he had three untreatable viruses in the brain. During this time, he had useful three hours a day in which he could think, and he began researching cell biology.

When he had an infected root canal removed, his health returned to normal.

Dr. Tennant's research into cell biology led him to understand that cells require electrical energy to function. Here are his key findings:

- Cells are designed to run at a pH between 7.35-7.45. This is the same pH that is in the blood.
- pH describes voltage in a liquid.
- A solution is an electron donor (-) or an electron stealer (+).
- Voltage is converted using a logarithmic scale, to be referred to in pH terms.
- A +400mV electron is an electron "stealer" (pH 0, acid) and -400mV is an electron "donor" (pH 14, alkaline). Neutral pH is 7.

- Since cells need to run between pH 7.35-7.45, this means they must run between -20mV and -25mV
- The conclusion is that cells need electrical energy to work

Don’t worry if you didn’t understand the math here, and the voltage talk. Just remember that cells need energy to work, and a negative charge is a good thing, between -20mV to -25mV.

“A characteristic of all chronic diseases is low voltage to an organ.”

What does it mean to have low voltage to an organ?

Imagine having different wiring circuits in your home. There will be a different number of circuits between lighting, power, the oven, garden lighting, etc. You might sometimes notice that a light is flickering or becomes dim. Or maybe, all the lights on a circuit start to flicker. When this happens, it means that the flow of electricity has been disrupted. It’s as if not enough power is reaching a light bulb. Normally this happens due to a faulty switch or corrosion somewhere, damaged wire, or a faulty transformer. (You might be able to tell that I used to be an electrician.)

Low voltage to an organ can be equated to the lighting in your house. When there is low voltage, organs don’t receive the power or energy they need. This happens because we are constantly wearing ourselves out and needing to make new cells. Every single day, the body generates new cells.

Different parts of our body regenerate at different rates. The macular in the eye takes 48 hours to regenerate, the gut three weeks, the skin six weeks, the liver eight weeks, and the nervous system about eight months. We are constantly generating new cells.

“Chronic disease occurs only when you lose the ability to create new cells that work.”

What does it mean to make a new cell that works? According to Dr. Tennant, -50mV of energy is required to make new cells. Ultimately, this means cells are receiving sufficient fuels and are able to detoxify.

Imagine what happens when the body and cells are unable to expel toxins. They might be dealing with an infliction of toxins, including heavy metals like mercury (in the mouth and blood), GMOs, glyphosate (in pesticides and herbicides), mold, tooth infections, and other toxins.

Your Human Battery Packs

How is energy stored in the human body? The body has four different battery packs, with muscles being the largest. Muscles are piezoelectric, meaning that you're moving and strengthening muscles, you're generating electrons. Isn't that fascinating? There are many reasons we feel energized after exercise, and this is ***one key reason***. Exercise is one way the human body is designed to recharge your own personal battery packs, which is another reason not to be sedentary.

- Muscles are effectively rechargeable batteries.
- The large muscles are linked with cell membranes, which are little capacitors. Cell membranes comprise layers of fats called phospholipids. Capacitors are like small batteries because they store electrons.
- Inside the cell is the mitochondria, often regarded as the battery of the cell by holistic doctors and practitioners. Inside the mitochondria is a rechargeable battery system.
- The next battery pack is the DNA inside a cell. A cross-section of DNA looks like the universal geometry and fractal patterns seen in galaxies,

weather systems, waves, trees, leaves, shells, snowflakes, and many organisms. Every circle of the cross section of the DNA comprises the golden ratio. This means it is 1.618 x height. Anywhere in the universe where we see the golden ratio calls for the implosion of scalar energy. Our DNA uses scalar energy to charge it up! Scalar energy is the energy that, until recently, had no scientific explanation. We'll review this energy in later chapters.

Our muscles are like rechargeable batteries, and they are stacked very carefully. Surrounding our muscles, we have a *fascia*. This is like a stocking; it's a thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber, and muscle in place. The fascia is a semiconductor, a collection of molecules, in which electrons move through it at the speed of light in one direction.

The fascia serves as a wiring system for the body and every organ in the body has its own battery pack. Because they all have their own battery pack, they can be measured independently to determine why organs may not be functioning.

A stack of muscle batteries is an acupuncture meridian, with which you may be familiar if you have come across Chinese Medicine.

Macular degeneration means that there is low voltage in the stomach circuit. Each circuit of organs can be traced using the teeth charts.

Please go to VitalitySecret.com/electric for a clearer tooth chart (found on the next page) from Dr. Wolfe.com, who has referenced the original source as Dr. Voll and Dr. Kramer (1953). See if you can cross-check any symptom with a tooth that might have been affected in your mouth. I

also have a simplified video I made that explains fundamentals of The Body Electric.

Tooth Chart

Relationships between teeth and other areas of the body

SENSE ORGANS	Inner Ear		Maxillary Sinus		Ethmoid Cell		Eye	Frontal Sinus		Frontal Sinus		Eye	Ethmoid Cell		Maxillary Sinus		Inner Ear	
JOINTS	Shoulder Elbow		Jaws		Shoulder Elbow		Hip	Back of knee Sacrococcyx		Back of knee Sacrococcyx		Hip	Shoulder Elbow		Jaws		Shoulder Elbow	
	Hand ulnar foot plantar toes, sacroiliac joint		Front of knee		Hand radial foot Big toe		Foot			Foot			Hand radial foot Big toe		Front of knee		Hand ulnar foot plantar toes, sacroiliac joint	
VERTEBRAE	C7 T1 T5 T6 S1 S2		T11 T12 L1		C5 C6 C7 T3 T4 L4 L5		T9 T10	L2 L3 S3 S4 S5 Coccyx				T9 T10	C5 C6 C7 T3 T4 L4 L5		T11 T12 L1		C7 T1 T5 T6 S1 S2	
ORGANS	Heart		Pancreas		Lung		Liver	Kidney		Kidney		Liver	Lung		Spleen		Heart	
	Duodenum		Stomach		Large intestine		Gall-bladder	Bladder Urogenital area		Bladder Urogenital area		Gall-bladder	Large intestine		Stomach		Duodenum	
ENDOCRINE GLANDS	Ant. lobe of pituitary		Para-thy-roid	Thy-roid	Thy-mus	Post. lobe of pituitary		Pineal gland		Pineal gland		Post. lobe of pituitary	Thy-mus		Thy-roid	Para-thy-roid	Ant. lobe of pituitary	
OTHERS	CNS Psyche		Mammary gland												Mammary gland		CNS Psyche	
	R																	L
	Tooth	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
	Tooth	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	
	R																	L
OTHERS	Energy metabolism				Mammary gland								Mammary gland				Energy metabolism	
ENDOCRINE GLDS TISSUE SYSTEMS	Peripheral nerves		Ar-teries	Veins	Lymph vessels	Gonad		Adrenal gland		Adrenal gland		Gonad	Lymph vessels		Veins	Ar-teries	Peripheral nerves	
ORGANS	Ileum		Large intestine		Stomach Pylorus		Gall-bladder	Bladder Urogenital area		Bladder Urogenital area		Gall-bladder	Stomach Pylorus		Large intestine		Ileum	
	Ileocoecal region														Ileocoecal region			
	Heart		Lung		Pancreas		Liver	Kidney		Kidney		Liver	Spleen		Lung		Heart	
VERTEBRAE	C7 T1 T5 T6 S1 S2		C5 C6 C7 T3 T4 L4 L5		T11 T12 L1		T9 T10	L2 L3 S3 S4 S5 Coccyx		L2 L3 S3 S4 S5 Coccyx		T9 T10	T11 T12 L1		C5 C6 C7 T3 T4 L4 L5		C7 T1 T5 T6 S1 S2	
JOINTS	Shoulder and elbow				Front of knee			Back of knee		Back of knee		Front of knee			Shoulder and elbow			
	Hand ulnar Foot plantar Toes. sacro-iliac joint		Hand radial Foot Big toe				Hip	Sacrococcyx		Sacrococcyx		Hip			Hand radial Foot Big toe		Hand ulnar Foot plantar Toes. sacro-iliac joint	
					Jaws		Foot			Foot			Jaws					
SENSE ORGANS	Ear		Ethmoid cells		Maxillary sinus		Eye	Frontal sinus		Frontal sinus		Eye	Maxillary sinus		Ethmoid cells			

Dr. Voll and Dr. Kramer (1953)

www.drwolfe.com

The Physics of Emotions. Emotions are stored in the body as a magnetic field. If you have a magnetic field standing in a battery pack, it will "steal" the voltage so it can't get through. In other words, trapped emotions or trauma (of varying degrees) can prevent the flow of electricity around the body and prevent it reaching essential organs. This is *HUGE*!

Your Teeth Act Like Circuit Breakers. A major reason for the disruption of the flow of electricity around the body — and voltage drop to organs — is dental infections. Every circuit in the body goes through your teeth.

The Intricate Wiring System of the Human Body. The human body is quite literally a giant wiring system. As you may have gathered now, chronic disease occurs due to the failure of an electrical system in your body. Getting an understanding of how we are wired up, helps us understand that we can "reverse engineer" a symptom.

Refer to VitalitySecret.com/electric for more information and clearer charts.

Healing Is Voltage: Process

How do we know if the voltage is low? At the Tennant Institute, they do this:

1. Determine *why* the battery won't hold its charge, and
2. Recharge the battery pack while figuring out why it happened in the first place.

Sounds easy, doesn't it? This is where the Tennant "bio transducer" comes into play. The first step is to aim the organ and charge the cells, and then charge the battery pack behind it. Simple!

How to Use This Information

Remember this: *a characteristic of all chronic disease is low voltage to an organ.* If you have any kind of symptom, determine which organ is affected, pretend you're an electrician, and see what you can do to "reverse engineer" or problem solve why there isn't enough power getting to that organ.

Voltage drops because of any one of these, or a combination:

1. Insufficient cell fuels
2. Excess toxic load in the body
3. Mouth toxins: mercury, root canals, cavitation
4. Trapped emotions and trauma. We look at this further in Chapter 10, Releasing Trapped Emotions.
5. Scarring

Simply knowing that inflammation will drop voltage in your body is enough to consider its effect on the vitality of your cells. It might become obvious to you, and then you can start to balance your body by eliminating toxins and refueling your body — physically, mentally, emotionally, and energetically. Consider any dental work you might have had. Infected root canals, mercury and cavitations in the mouth can all drop the voltage in your various organs and associated circuits. Refer to the tooth chart above, and cross-check to see if your symptoms correlate with damaged or treated teeth. I encourage you to seek out a biological dentist, or holistic dentist who is trained in the body electric. If you have mercury in your mouth, it's recommended to remove it, but with extreme caution. Mercury removal can lead to mercury poisoning, so this must be done with considerable care. Your standard dentist will likely not know how to do this — nor believe any of this!

Refer to Episode 41 of The Vitality Secret podcast, and VitalitySecret.com/electric for an interview with Dr. Chase from The Tennant Institute, and more resources such as the tooth chart and more in-depth instructions from Dr. Jerry Tennant of The Tennant Institute, on how to test your body, and rebalance.

Body Electric Disruptors

> *"Before going to bed, put your cell phone in airplane mode to reduce harmful radiation exposure. You'll sleep much better and regenerate faster."*
>
> — Akin Olokun

The human body is wired like a house, and every one of our 50 trillion cells is electrically charged. Our cells need sufficient cell fuels, and few toxins or disruptors to function. If they get overloaded with toxins, voltage drops. Here, I'd like to share with you one of the leading causes of electrical disruptors in our world right now, and how we can take measures to protect ourselves. We will cover:

- Biological impacts of cell phone/mobile phone radiation
- Man-made electromagnetic fields (EMFs)
- Ample scientific evidence clearly showing biological effects of EMFs
- How to protect yourself and your family

Ten years ago, I read a book called *The 4-Hour Body*, by Tim Ferriss, and I also saw him in an interview discussing how he doubled his sperm count in three months, attributable (mostly) to taking his phone out of his pocket. Studies in Australia on men's sperm counts in vitro when exposed to cell phone radiation, have shown evidence which strongly suggests that cell phone radiation damages sperm

quantity and quality. That evidence is found on my website at https://vitalitysecret.com/emfs.

Most of us know on an intuitive level, if not an intellectual level, that radiation from cell phones can't be a good thing for our bodies. Most of us have heard about possible links to brain cancers, and this form of cancer is on the rise. I would say most of us want to ignore our intuitive knowledge, as we have become addicted to our phones and devices.

I have a couple of close friends who find it very difficult to be around wifi. They will get a headache if they walk into a coffee shop, and one claims she just can't think properly around wifi. This is known as electromagnetic hypersensitivity (EHS; previously: microwave syndrome) or electro hypersensitivity. Mainstream sites claim this as pseudoscience, but those who suffer from it certainly know it's not. And there are now peer-reviewed studies on it such as this one,[52] this one,[53] and this one on the WHO.[54]

In 2016, at The Truth About Cancer Live Symposium, I attended several talks on EMFs (electromagnetic fields) and their links with cancers. One speaker showed thermographic images of three tumors on the breast of a woman which were in perfect alignment of where she held her phone in her bra. Another speaker provided data on locations of towns where there were clusters of people getting cancer, around what he discussed as "dirty electricity," including EMFs. This means power stations and power lines, as well as cell phone towers and wifi and cell networks. It has often been the case that when residents moved away from these locations that their cancers naturally cleared up.

Shortly after my own experience in 2017 with my cell phone causing my immune system to crash, I saw a newspaper article in England reporting the upcoming launch of 5G in London, which would be like no other cellular

network. It would comprise tens of thousands of small cell towers because these higher frequencies involved in 5G cannot travel as far. My jaw dropped. Knowing by then about the body electric, and how every cell in our body is electrically charged, and how sensitive they are to EMFs, it appeared to me to be the stupidest, most dangerous idea imaginable. I dismissed it, thinking it would never happen due to the safety dangers of the current networks.

In 2011, the World Health Organization classified Electromagnetic Radiation as a possible carcinogen:

> "Lyon, France, May 31, 2011 -- The WHO/International Agency for Research on Cancer (IARC) has classified radio frequency electromagnetic fields as possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer1, associated with wireless phone use."[55]

This is not brand-new knowledge. Reports go back to the late 1950s.

In 1975, the Defense Intelligence Agency issued a report, "The Biological Effects of Electromagnetic Radiation (Radio Waves and Microwaves) in European Communist Countries (U)." It was referenced as a standard set by the USSR in 1958. One paragraph caught my eye: *"Animal experiments reported in the open literature have demonstrated the use of low-level microwave signals to produce death by heart seizure or by neurological pathologies resulting from breaching of the blood-brain barrier."*

In terms of how it affects the blood, the summary stated:

1. General decrease in hemoglobin content
2. Generally reduced coagulation times
3. Decrease in leukocyte count

Up to 2019, there were over 6,000 peer-reviewed medical papers on the effects of man-made electromagnetic

radiation, such as those emitted from cell phones, cellular networks, wifi, microwave ovens, smart meters, and electrical power stations. They concluded EMFs were already causing human and animal cell and DNA damage.

In 2019, something significant happened in the world of electromagnetic radiation. The rollout of 5G technology began — **without a single biological test of safety.** It was already publicly known that wireless networks cause human cell and DNA damage — the make-up of all life forms. Yet they went ahead with the launch of 5G. Nature is being damaged; trees are being lopped down to provide for the 5G frequencies to travel. It is impacting insects and bee colonies. We need bees to pollinate so we can survive.

In 2019, the U.K. government allocated £200 million of funding to facilitate the 5G rollout. This means that in the U.K., and in other countries, we were and are guinea pigs for this technology that hundreds of scientists from around the world are calling to be halted.

The evidence that radio frequency (rf) radiation is harmful to life forms a literature base of well over 10,000 peer-reviewed studies. This is even truer when you look at the studies that are not funded by industry.

Poorly informed reporters tell us that nonionizing radiation doesn’t harm humans and that the dangers of 5G are a “conspiracy theory.” They suggest that this technology will just “heat our skin a little bit” and that this isn’t dangerous. That’s a dangerous claim.

This is an outdated hypothesis and ignores current science that shows many non-thermal, biological effects associated with non-ionizing radiation, the kind that 5G radiation technology will emit from small cells as well as large towers, right outside your house, schools, and shops 24/7.

In one chapter of a 90-page book[56] written by Martin L. Pall, PhD and Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University explains the non-thermal and non-ionizing effects of radiation:

> "Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plants and animals. Particularly concerning is the damage to insects such as bees."

Previous studies have shown that EMFs impact our bodies in the following ways:

1. Attack our nervous systems, including our brains, leading to widespread neurological/neuropsychiatric effects and possibly many other effects. This nervous system attack is of great concern.
2. Attack our endocrine (that is, hormonal) systems. In this context, the main things that make us functionally different from single celled creatures are our nervous system and our endocrine systems – even a simple planaria worm needs both of these. Thus, the consequences of the disruption of these two regulatory systems are immense, such that it is a travesty to ignore these findings.
3. Produce oxidative stress and free radical damage, which have central roles in essentially all chronic diseases.
4. **Attack the DNA of our cells, producing single strand and double strand breaks in cellular DNA and oxidized bases in our cellular DNA. These in turn produce cancer and also**

mutations in germ line cells, which produce mutations in future generations.

5. Produce elevated levels of apoptosis (programmed cell death), events especially important in causing both neurodegenerative diseases and infertility.
6. Lower male and female fertility, lower sex hormones, lower libido, and increased levels of spontaneous abortion and, as already stated, attack the DNA in sperm cells.
7. Produce excessive intracellular calcium [Ca2+] and excessive calcium signaling.
8. **Attack the cells of our bodies to cause cancer. Such attacks are thought to act via 15 different mechanisms during cancer causation.**

Pall refers to “The extraordinary sensitivity of the VGCC voltage sensor to the forces of the EMFs tells us that the current safety guidelines allow us to be exposed to EMF levels that are something like 7.2 million times too high."

That is a worryingly high threshold. We are electrical beings, and we must pay attention to this. You can only imagine what this is doing to our immune systems, particularly in the current Covid climate.

In the U.K., PHIRE Medical, an organization founded by Dr. Erica Mallory-Blythe, has been spearheading the research in England for many years to bolster the concrete case and argument that this is unsafe technology.

One of the most fascinating, a $25 million study initiated by the U.S. National Toxicology Program (NTP), set out to prove that there were no biological effects for non-thermal exposures on rats. What they found shocked them because they proved the opposite to what they were setting out to

prove. The study found adverse effects after long-term exposure to cell phone radiation:

- Increased incidences of glioma (a rare, aggressive, and highly malignant brain cancer) as well as schwannoma (a rare tumor of the nerve sheath) of the heart were found in both sexes of rats but reached statistical significance only in males.
- Increased incidences of rare, proliferative changes in glial cells of the brain and in Schwann cells (nerve sheath) in the heart of both sexes of rats, while not a single unexposed control animal developed these precancerous changes.
- DNA damage was induced with both modulations of radio frequency radiation (RFR) in both rats and mice (mixed results in tissues and brain regions).
- Results from this study clearly show that biological impacts occur at non-thermal exposures like those that take place from cell phones today. [57]

“This study should put an end to those who doubt the capacity of non-thermal levels of wireless radiation to cause biological effects including cancer. The study results clearly show that cell phone radiation can cause adverse health effects. The counter argument has no validity,” according to Ronald Melnick, PhD, former lead scientist on NTP study of RFR; Retired Senior Scientist with NTP/NIEHS.

The NTP Study found increases in brain and heart tumors after chronic exposure to radiofrequency radiation (RFR).

How Cell Phone Radiation Affects Sperm Count, Motility, and Mobility

Researchers in Australia[58] conducted a very simple experiment. They compared test tubes of sperm exposed to cell phone radiation, with test tubes of sperm not exposed to cell phone radiation. The results showed solid, unequivocal evidence, of cell phone radiation negatively affecting the vitality of the sperm. Measurements taken were mobility (how well the sperm swim), motility, and mitochondrial DNA damage. Three times as much damage to DNA was evident when sperm was exposed to cell phone radiation. A similar challenge is found with women and ovaries, which can potentially lead to genetic damage of their babies, and also their baby's babies. This makes sense when we take a step back. What is likely to happen if the DNA of technology users is damaged without the users having any knowledge in this subject?

Mobile Phone Radiation Induces Reactive Oxygen Species Production and DNA Damage in Human Spermatozoa In Vitro:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2714176/

Australian Studies

https://www.newcastle.edu.au/profile/john-aitken#publications
https://www.newcastle.edu.au/profile/john-aitken

One solution, for both men and women, is to have one's phone in airplane mode or off in the trouser pocket. A slight amount of radiation is released in airplane mode. Another option is to invest in underwear that can protect your reproductive organs. You will find links to protective products at VitalitySecret.com/EMFs. You can also listen to

an interview with a company that sells such protective clothing, with live scientific studies to support their claims.

There is likely little we can do to prevent this from widespread adoption, despite the evidence. However, there are measures we can take to protect our homes, ourselves, our families, and our environments from the effects of EMFs.

One method to reduce exposure in your own home is go back to a wired system and do away with wireless. The wireless router, while technologically amazing, comes with risks. This is probably the least favored because we have got so used to the luxury of having them. The next level is to purchase a device in your home that protects your body (and family's bodies) from EMFs.

I feature a number of these on my website at the above url. I invite you to listen to the interviews and check out the devices available. One company accidentally created an EMF protective device, originally intended to protect people in geopathic zones. These are zones above tectonic plates and where there are underground rivers, where there is significantly higher radiation. Their devices were later discovered to protect people from cell phone radiation, cell phone networks, and wifi frequencies in their homes. They neutralize the effects of EMFs in your home up to a radius of 30m in every direction. They have tested their devices with live blood analysis. Another company you'll see referenced here has manufactured quantum stickers that you place on your phone to protect you from cell phone radiation — scientifically proven, with live blood analysis.

Be mindful of electromagnetic frequencies. They disrupt the electrical body. That said, the last thing I'd want is for you to be fearful about it. That might be more harmful than the technology itself. We can, however, take measures to reduce exposure to it, mitigate its effects, ground ourselves, buy protection and enjoy the technology.

The Invisible Rainbow

“When I was researching the book Toxic Electricity, I would see biological reactions for up to a week afterwards. They are typically strong in the first day or two after the electromagnetic field (EMF) exposures and tail off as the week goes on. I would feel fine during the EMF exposures and start seeing weird health effects usually during sleep that night. Extended time around high voltage power lines & power poles were the worst for provoking reactions, followed by wifi and transmitting utility meters.”

— Steven Magee, Toxic Electricity

Has technology come at a cost? I didn’t know whether or not to include this after the previous section, but given the current climate, and given our immune health is more important than ever before, I wanted to ensure you were aware of this. It builds on electrical disruptors that affect us at the cell level. Scientist and journalist, Arthur Firstenberg makes an outlandish claim in his brilliant book, *The Invisible Rainbow*, that has preceded every pandemic in recent years, there was an increase in electromagnetic radiation. I want to share some key insights from this superbly written and referenced book, reviewed by many MDs and PhDs.

Covered here:

- Incredible advances in technology
- Concerns of mobile phone safety towards the start of their launch
- Technology addiction
- Knowledge of biological effects of cell phone radiation
- How to protect yourself

It's incredible what we can do with technology these days. If someone said to you twenty years ago that we'd be watching movies on our phones, downloading them in minutes from the cell phone network, or that we could video-chat from a whole variety of apps, travel the globe with highly accurate directions using a GPS, or that we'd be live streaming to free social media networks to potentially millions of people at a time, or that we'd be able to run a business entirely from your phone, you'd probably have laughed in their face.

We have phones with apps that are life changing. Computers function at an astounding speed. Phones come with 50 times more hard disk memory than my giant desktop computer had in the year 2000. Silicon Valley is inventing memory chips using water, as they've discovered that water carries energy (or ***is*** energy), and very efficiently.

Talking of the year 2000, this was when I was at university in Brighton, England, studying for a business degree. My final year project a few years later was on "Destructive Technology." I wrote about how technology would create efficiencies but that it would come at a cost, such as addiction, time inefficiencies in the work environment with people being on the Internet and sending emails to one another instead of working (I might have been guilty of that during my years in industry). I never considered the cost of health.

People started to question radiation emitted from cell phones fairly near the start of their launch. Reports of claims of brain tumors as a result of cell phone use date back to at least 2002, such as this peer-reviewed research study entitled: **Non-thermal activation of the hsp27/p38 MAPK stress pathway by mobile phone radiation in human endothelial cells: molecular mechanism for cancer- and blood-brain barrier-related effects.**[59]

I remember having conversations around that time with my father, who is intuitive, although not a medical mind. He told me almost categorically that mobile phones will cause brain damage, which I wanted to dismiss, as I loved my mobile phone. A lot of people, on an intuitive level, realize that it cannot be healthy to hold a radiation device next to your brain and expect no ramifications. The challenge is, as I see it — we have become so addicted to our phones (myself included) that we like to dismiss such claims.

In 2011, the same year that the World Health Organization (WHO) reclassified EMFs as a possible carcinogen, Italy's Supreme Court upheld the criminal conviction of Vatican Radio´s former president, Cardinal Roberto Tucci, for polluting the local environment with radio waves. For decades, residents of communities near 58 powerful broadcasting towers that occupied more than a thousand acres of land, from which the Vatican was broadcasting to the world, complained of health problems, including an outbreak of childhood leukemia. The National Cancer Institute of Milan was ordered to investigate the cases by Judge Zaira Secci, at the request of the Public Prosecutors office in Rome, as they were considering bringing charges against the Vatican for negligent homicide. Between 1997 and 2003, results published in 2010 showed that one in fourteen children who lived between 6-12 kilometers of Vatican Radio´s antenna farm developed leukemia, lymphoma, or myeloma, at eight times the rate of children who lived farther away. Adults showed similar results, in that in the same near distance: adults died of leukemia at almost seven times the rate of those who lived further away (Firstenberg, 2020).

I paraphrased the paragraph above from *The Invisible Rainbow*. Firstenberg presents a solid case for electricity causing many environmental challenges, including declining rates of insects, birds, bees, and trees, to a huge spike in

diseases including diabetes, heart disease, cancer — and pandemics, including Influenza.

Let's wind back the clock.

In 1753, Abbé Nollet in Paris was the first person to report significant biological effects from exposure to direct current (DC), which he wrote about in his book, "*Recherches Sur les Causes Particulières des Phénomènes Électrique*." Today, mainstream science reports that direct current has no effect whatsoever on the human body. Some of these were positive, and some negative. Even though Abbé Nollet was making popular use of electricity as a treatment (as medicine), he stated, "pregnant women especially, and delicate persons should not be exposed to it."

"Electricity is an element that is to us more intimate
than the very air that we breathe."

— Abbé Nollet, 1746

The following table is extracted directly from *The Invisible Rainbow*. This list of biological effects on humans was reported by early electricians, including those working in "electrotherapy," which was a form of medicine back in the 1700s.

Effects of Electricity Reported In the 18th Century

Therapeutic and neutral effects	Non-therapeutic effects
• Change in pulse rate • Sensations of taste, light, and sound • Increase of body temperature • Pain relief • Restoration of muscle tone	• Dizziness • Nausea • Headaches • Nervousness • Irritability • Mental confusion • Depression

Therapeutic and neutral effects	Non-therapeutic effects
• Stimulation of appetite • Mental exhilaration • Sedation • Perspiration • Salivation • Secretion of ear wax • Secretion of mucus • Menstruation, uterine contraction • Lactation • Lacrimation • Urination • Defecation	• Insomnia • Drowsiness • Fatigue • Weakness • Numbness and tingling • Muscle and doing pains • Muscle spasms and cramps • Backache • Heart palpitations • Chest pain • Colic • Diarrhea • Constipation • Nosebleeds, hemorrhage • Itching • Tremors • Seizures • Paralysis • Fever • Respiratory infections • Shortness of breath • Coughing • Wheezing and asthma attacks • Eye pain, weakness, and fatigue • Ringing in the ears • Metallic taste

An 1881 textbook, *Medical and Surgical Electricity,* devoted ten pages to phenomena known as “electro-susceptibility” and referred to those who are easily injured by electricity. Another term was “electro-sensibility” — describing people who sensed electricity to an extraordinary degree. Today, in 2021, this is known as electro-sensitivity. Not all people are affected by wifi, cell phone, and power

line radiation, and some are. I know people personally who cannot be around Wifi.

According to Firstenberg´s research, in 1859 the City of London experienced a significant influx of electrical cabling to support its 2.5 million residents. Discussing how close to 600 miles of electric cabling was fixed from rooftops, through trees, round chimney pots, across roads, etc., the novelist Charles Dickens reported, “The British householder has never seen a voltaic battery kill a cow, but he has heard that it is quite capable of such a feat.” In Europe, this began in 1939. It spread across every continent by 1950, except Antarctica, and it spread fast throughout the rest of the world.

During the 1860s, a new disease named “neurasthenia” was observed, and although it wasn’t attributed to electricity back then, electricity is known today to be undoubtedly one of its causes. It came out of nowhere and became a pandemic during the following decades. It was reported by George Miller Beard, M.D, in the *Boston and Surgical Journal* in 1869, which later became the *New England Journal Of Medicine*.

By 1890, $100 million was invested into lights and power alone. **By 1889, doctors across the globe were inundated with patients suffering from a strange new disease that had not been seen before.** It was influenza, and that pandemic lasted four years continuously and killed at least a million people. Although descriptions of influenza had remained the same for thousands of years, symptoms changed in 1889. Prior to that, it was known as an unpredictable disease, acting like no other illness, and was suggested to be as “influenced” by the stars. That changed in 1889 when it became present every year onward.

Despite endless research being done on influenza, an important fact was ignored, in that it was not contagious. It baffled virologists for years. **Since 1933, no experimental studies had proven that influenza is ever transmitted from person to person by normal conduct.** And then there is the vaccination ineffectiveness. Tom Jefferson reported that having reviewed 259 studies spanning 45 years, influenza vaccines, which although proven to offer some form of immunity to certain strains, have had essentially no impact on any real outcomes, such as working days lost, school absences, flu-related illnesses, and deaths[60].

Pandemics in the 20th century each followed an increase in electromagnetic technological advances. You might say this is coincidental, and now, with more knowledge of the body electric, you might agree that this is something to consider. They happened in the early 1900s after radio transmitters were installed, starting off on The Isle of Wight, creating the Isle of Wight Disease that spread throughout England, leading to a severe loss of bees, and the disease spread across the world.

Radio broadcasting took off during World War I. It was also adopted in England and then the rest of the world. The most powerful power station in the world was constructed in 1918 in New Brunswick. It could transmit both voice and telegraphic messages across the Atlantic reliably and clearly. The Eiffel Tower in Paris, France, had a powerful radio transmitter, and powerful stations were erected all over Europe, Russia, Japan, and beyond. In 1917, the US government invested millions into the deployment of a new communication program for the Army to have the most modern and up to date technology.

According to Firstenberg, what was labeled The Spanish Flu, killing tens of millions all over the world, did not start in Spain. It became most fatal in

September 1918, killing half a billion people, one third of the world's population. To this day, there is apparently no evidence that the disease of 1918 began contagiously. Reported to have started in early 1918, the Spanish Influenza seemed to spread across Navy ships and seaports. The first early outbreak occurred in the Naval Radio School at Cambridge, Massachusetts.[61] In March, it spread to Army camps where Signal Corps were trained in the use of wireless. Thousands of cases were reported, and then it spread to the civilian population. It exploded in September 1918 with victims being sick for months at a time. Up to 40% suffered nose bleeds, with blood gushing from nostrils, and victims drowned in their own blood.

Blood was tested from a variety of patients with influenza and pneumonia after Drs Arthur Erskine and B.L. Knight of Cedar Rapids, reported that "the regularity with which these various hemorrhages appeared suggested the possibility of there being a change in the blood itself." They wrote, *"In every case tested without a single exception, the coagulability of the blood was lessened, the increase in time required for coagulation varying from two and one-half to eight minutes more than usual."* This is consistent with what has been known about electricity ever since a 1779 study of human blood about the effects of radio waves on blood coagulation. Calcium was used by Erskine and Knight to facilitate blood clotting, which saved their patients — but they did not attempt to stop infection.

The next 20th century epidemics in 1957 and 1968 were also associated with milestones of advances in electrical technology, starting again in the United States. Radar was deployed in the 1950s. **Known as the Asian Influenza pandemic; the outbreak began at the end of February 1957 and lasted more than a year.** This was after the installation of 195 radar sites across the skies in Canada, power stations, high powered radio transmitters, huge

antennas, and various communication sites around the world.

Ten years later, the U.S. launched the world's first constellation of military satellites into orbit, at an altitude of 18,000 nautical miles in the heart of the Van Allen radiation belt. Some 28 satellites were launched in June 1968. **The "Hong Kong" flu pandemic began in July 1968 and lasted until March 1970.**

In summary, in 1889 power-line radiation began ushering in the pandemic of influenza. In 1918, the radio era began, following which was what is known as the Spanish Flu Pandemic of 1918. 1957 witnessed the birth of the radar era, followed swiftly by the Asian Flu pandemic of 1957. The satellite era began in 1968, and that was followed by the Hong Kong flu pandemic of 1968. And then we have two more milestones of the wireless era and the activation of the High Frequency Active Auroral Research Program (HAARP), and they are in recent years.

On 23 September 1998, a 66-satellite constellation called *Iridium* brought cell phone service for the first time to widespread, unserved territories across the world. Firstenberg contacted 57 EHS people in 6 countries and surveyed 2 support groups. He found 86% experienced symptoms on 23 September, exactly, including headaches, dizziness, nausea, insomnia, nosebleeds, heart palpitations, asthma attacks, ringing in the ears, and more. **Firstenberg lost his sense of smell, and it hasn't returned to normal since.** Deaths, according to the CDC, spiked in September and October.

In 2013, when 4G was installed in Mount Nadi, British Columbia, Canada. 49 species of birds left, and bat species virtually disappeared, and much more happened in nature. In 2017, total flying insects in 63 nature protection areas in Germany declined by 75-80 percent; Puerto Rico in 2018

reported 97-98 percent decline in total insects. In 2019, scientists in Australia, Vietnam, and China reviewed 73 reports of insect declines from across the world and concluded that 40 percent of all insect species on Earth were threatened with extinction.

In 2019, we saw the launch of 5G across major cities. Wuhan was a 5G testing ground, and there was 5G on the ship where cases were initially reported, and there have been sizable Covid outbreaks across cities where 5G first launched, including Milan, New York, and London. There are many other correlations. The correlation is not perfect, but it's not to be ignored. This might just be causing immunosuppression and be the reason why many who are supposedly healthy (zero inflammation, no pre-existing conditions) are suffering from the virus.

It would seem we cannot stop or slow down the rate of the launch of tens of thousands of satellites into the sky from the start of 2020, nor the global adoption of 5G. What we can do is protect ourselves and ascend these frequencies. Thankfully, there are companies that are doing just that. There are a number of ways we can protect ourselves from EMFS: see url below.

Here is a 12-step strategy to protect yourself from EMFs:

1. Use your phone carefully, avoid Bluetooth headsets, and use wired earphones instead, preferably with air tubes. Keep your phone away from reproductive organs and/or put it in airplane mode while in your pocket. Do not sleep with your phone next to your bed unless it is switched off or in airplane mode. Switch off wifi at night.
2. Consider returning to a wired system in your home, and not using wifi.

3. Consider EMF Protection for your home, cell phone, devices — I have details of these devices on my website at VitalitySecret.com/emfs.
4. Get plenty of sunlight.
5. Get grounded, sleep grounded, consider grounding mats.
6. Do breathwork like Wim Hof/Conscious breathing/yoga and be physically active to oxygenating and detoxifying.
7. Drink the purest water money can buy, preferably ionized water to raise your voltage
8. Consume highly nutritious food, supplement with moderate to high dosage of C, D, Zinc.
9. Sleep well.
10. Test and rid your body of inflammation so your immune system isn't on overdrive.
11. Meditate.
12. Keep stress to a minimum and be happy (after reading all this!).
13. Consider PEMF devices/Infrared Sauna/Frequency devices to raise your voltage and increase blood flow.

Earthing: The Missing Link to Health

"There may be nothing more basic or universal for healing people than Earthing. Getting reconnected to the Earth should be the new human vocation."

–– Jed Diamond, PhD.

The simplicity of good health might surprise you, and it always goes back to Nature. She makes no mistakes. Have

you ever noticed a subtle, pleasant feeling when you walk barefoot on the grass or on the beach?

When we stand on the ground, barefoot, or swim in the ocean, we absorb energy into our bodies to recharge our cells, which also carry the negative charge that Earth does. Earthing has been scientifically proven to reduce inflammation and even eliminate it. Peer-viewed medical literature supports this. Here we will cover:

- Recap of body electric
- The effects of rubber or plastic on our feet
- Healing effects of Earthing
- Methods of Earthing and devices

When I was first told about this concept, I effectively walked in the opposite direction, but my body remained where it was. It wasn't until I read the book *Earthing*, recommended by a good friend, that my view changed entirely, and I wrote about it in my last book, *The Vitality Secret*, in 2016. About two years ago, a friend contacted me to tell me her parents had read my book, that they'd bought grounding sheets, and that her mother's blood sugars had improved, and her dad´s sleep had improved, as well as his overall energy. I love hearing reports like this. Sometimes, something so simple can make a profound difference. Health need not be complicated.

Believe it or not, the ground is a sea of negatively charged electrons, as is the ocean, lakes, and rivers (providing they're not polluted). This is factual. And human beings are electrical. (Have you ever felt your own energy field? It's very cool.) Our entire nervous system is built with electrical signals and pulses of energy. The brain is made up of about one hundred billion neurons, or nerve cells. The heart keeps pumping due to a small electrical current generated by the group of muscle cells in the walls of the

heart. Every time we move a muscle, that is generated by electrical signals from the brain.

Just like we need oxygen, water, and nutrients for our cells to thrive (as well as the need to eliminate waste and also to sleep), and sunlight (the ultimate nutrient), we also need electrical energy from the ground to charge up our cells and our "body electric." Clint Ober, the co-author of *Earthing*, argues that when we're connected to the ground, we cannot have inflammation in our bodies.

Remember our cells are electrically charged. Connecting to the ground helps keep them remain negatively charged.

The challenge is, for the most part, that we are disconnected from the ground. What's been missing for some time in our lives is the healing energy that we receive from the Earth. Going back to ancestral times, we'd be connected to the ground when we walked about barefoot or on leather soles. Our ancestors would be connected to the ground when they slept. Today, we're disconnected from the ground as we wear plastic and rubber soles on our feet all the time and sleep nowhere near the ground.

Simply put, we need to be connected to the ground so we can absorb the electrons from the Earth. These electrons have profound healing abilities. The originator of this treatment, and one of the authors of *Earthing*, experienced considerable opposition to this theory, as you might imagine. So, he started to conduct his own experiments and, after a few years, started to gain the interest of the scientific community and doctors. He began to connect people to the Earth while sleeping, in the form of electrically conducted sheets that were connected to the ground, or via the earth terminal in the plug socket. The results have been, and continue to be, phenomenal.

The authors documented over a 15-year period all sorts of illnesses and diseases that were improved or even

reversed by sleeping grounded. These included insomnia, sleep apnea, jet lag, Type-2 diabetes, wounds that weren't previously healing, asthma, eczema, hormones normalized, acute inflammation and, last but not least, chronic inflammation. Patients' blood pressure normalized, inflammatory markers improved, cholesterol levels were improved as well. The greatest takeaway I've had from it is **how chronic inflammation can be reversed through earthing**. Here is a quote from the book, *Earthing*:

> "The moment your foot touches the Earth, or you connect to the Earth through a wire, your physiology changes. An immediate normalization begins. **And an anti-inflammatory switch is turned on**." People stay inflamed because they never connect with the Earth, the source of free electrons, which can neutralize the free radicals in the body that cause disease and cellular destruction."

There are many peer-reviewed studies on the effects of earthing, particularly related to its anti-inflammatory abilities. Below are three of them, in case you're interested:

Grounding and Reduction Inflammatory Conditions

https://pubmed.ncbi.nlm.nih.gov/25848315/
https://pubmed.ncbi.nlm.nih.gov/30448083/
https://pubmed.ncbi.nlm.nih.gov/28987038/

The simplest way to Earth yourself is to walk around barefoot on the grass, on soil, or on the beach. Notice the pleasurable feeling. This is the energy from the Earth (as well as the pleasurable feeling to the touch) traveling through your entire body, energizing you. Another great way to Earth yourself is to swim in natural waters — the sea/ocean, or rivers and lakes. Water is one of the best conductors of electricity, and your whole body is being earthed while in the water.

Finally, sleeping grounded (or ‘Earthed’) with the use of grounding sheets has been proven time and again to be very effective for reducing inflammation and, therefore, alleviating symptoms of many illnesses associated with it. You can also ground while you’re sitting at your desk or sitting on the sofa. It's effortless, too. Grounding yoga mats are also available as well as several other grounding devices.

I’d highly recommend watching the Earthing documentary that I feature on my website. And consider investing in grounding sheets and walking barefoot whenever you can — preferably while also getting sunlight! That is a magical combination, though easier said than done, if you’re not in a warm climate. That said, even if it’s cold, try walking on the soil barefoot. I did this in Big Bear with snow outside this year — it’s doable.

Go to VitalitySecret.com/codes for more information, a link to the Earthing documentary, and recommended products like Earthing pillowcases, sheets, and mats. Sleep grounded (this could not be easier!), get grounded, feel connected, notice the subtle energy, see how it helps with jetlag, your sleep, your energy, and your symptoms, whatever they are.

The next chapter addresses an area of health that I would argue is of paramount importance. It is normally the true root cause of illness, yet few people go there because the concept is challenging to understand - until you understand the “physics of emotions”. Let’s talk about trapped emotions, and how to release them.

CHAPTER 10

RELEASING TRAPPED EMOTIONS AND TRAUMA

“The organs weep the tears the eyes refuse to shed.”

— Sir William Osler, known to many as the *Father of Modern Medicine*

Release the Issues in the Tissues

When I used to hear that all illness is rooted in trauma, I considered it “woo-woo” and didn’t give it a great deal of attention. It wasn’t until I discovered the physics of emotions, as described in the book, *The Body Electric,* that I truly understood the role of emotions, and trapped emotions more precisely, in the creation of disease. Here, we will cover:

- a healing story involving yoga
- shaking emotions out of the body
- my first mind-opening energy release experience
- ways to release trapped emotions & trauma

When I was living in L.A., and several years into my newfound love of yoga, I came to the end of a particular sweaty yoga class called Hot Yoga Sculpt. (It’s more high-intensity interval training with some yoga stretches, all done in a hot room, than actual yoga, *“Los Angeles-d”* but I like

it.) Lying on my back in a Savasana pose and a puddle of sweat in Savasana, I heard the instructor tell us that she was leaving the yoga studio to help children heal from trauma.

I was so intrigued that, despite my bright red human puddle of sweat that I had become, I approached her afterwards to ask her about it. She said that during her yoga-teacher training (unlike the class she had just instructed), she had healed a life-long battle with eating disorders. Her name is Alizah Silver; our interview is on my podcast.

Alizah informed me that we store trauma as pockets of energy throughout the body, psoas muscles, other muscles (particularly lower back), muscle fascia, organs — everywhere. Specific yoga poses can release this stored energy, which allows the body to function optimally. We will look at some of these techniques here.

It is becoming widely accepted that trapped emotions (aka trauma) are the ultimate cause of illness, and also addictions and challenges we have in our lives, such as financial or relationship challenges. A lot of people with cancer know intuitively what caused the cancer, as demonstrated in the book, *Radical Remission*, written by Dr. Kelly Turner, in which she interviewed 100 people who radically reversed advanced stages of cancer — without any medical intervention. She asked every survivor what they believed the cause of their cancer to be. They always had a response, which was normally a traumatic event or stress (which is a result of trauma.)

This was the same for my own mother, who is a cancer survivor. She has an intuitive awareness of what caused the cancer. Since genes play a very small role in the development of chronic illness, and that the environment within the body plays a pivotal role in gene expression, it

makes sense to figure out how to create a harmonious environment in the body so your body can heal itself and thrive. The science of epigenetics puts us into the driving seat to investigate or “reverse engineer” what might be a cause of any chronic symptom you might be experiencing, and so you can ultimately live a life rich in Vitality.

A toxin we rarely think about is emotions. It does sound a little “woo-woo.” I’ll never forget when I attended the Truth About Cancer Live Symposium, that there was a presentation by a doctor discussing how different types of cancer form in different parts of the body, depending on the type of emotion that was experienced regularly by that person. For example, a person carrying around a lot of anger or guilt, will tend to store that energy in their liver or gallbladder. A person who might have suppressed grief or rejection, tends to store that emotion in their lung or colon**.** At that time, I almost dismissed it, and I left the room to mingle. It wasn’t until a few years later that I really started to understand how trapped emotions and trauma create illness and disease. It was on my becoming familiar with the body electric and the ***physics of emotions.***

Consider again that everything is energy. As Tesla famously said, *“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”* It's more than just a cool saying. Everything is energy — including emotions. Consider that an emotion is energy in motion, ***e-motion.*** In fact, it is electromagnetic energy.

In the last chapter, you discovered that emotions can be measured in terms of their frequency. As we go through life, we experience events that cause us to store the energy associated with the event, which you might want to call “a trauma.” These traumas can be large or small. It might be as small as an argument with a sibling or parent, when you were 7 years old. Or it might be more severe, like some kind of attack, or losing someone close to you. The energy

associated with the event then gets stored in the body, anywhere. It might be in the muscle fascia or psoas muscles, as described by Alizah, or it might be in a joint, like a hip or a shoulder, or it might be in an organ or several organs. This reminds me of one of my favorite sayings:

“The organs weep the tears the eyes refuse to shed.”

In other words, unless we process the emotion and release it, the energy associated with a painful event will be stored as trauma or a “trapped emotion,” in the words of Dr. Bradley Nelson (bestselling author of *The Emotion Code*). From a body-electric standpoint, the emotions get trapped as electromagnetic bundles of energy. Imagine water flowing freely from a garden hose, and then stepping on it. It causes the water flow to decrease. This is how I envisage the impact of trapped emotions on electron flow throughout the body. Trapped emotions cause a blockage, resulting in decreased voltage to an organ.

To bring this to life, have you had a massage, and been told that you have knots in your back or on your shoulders? They’re known to be caused by stress and tension. Lower back pain is known to be associated with stress and emotions, too.

Consider what happens when you are shocked by something that jolts you. What happens to your body when you hear a noise in your home? Does your body freeze? Can you think of a time when you were startled by an animal, maybe a dog barked loudly — can you relate to the impact it had on your body? What about when your gut “churned” on hearing some information that upset you? Has your heart ever skipped a beat with fear you’re experiencing? What happened with your breath? These are a few examples of energy in motion. This energy can get trapped inside the body, unless we consciously release it.

Traditional talk therapy can actually end up being counterproductive. The reason for this is a concept in neuroscience: “Neurons that fire together, wire together,” originally stated by Donald O. Hebb. This implies that the more we think about something, or talk about something, let’s call it a traumatic event, the stronger that memory becomes in the mind and body, which can lead to additional pain and suffering. On an energetic level, there is a saying: “Energy flows where focus goes.” And “wherever you place your attention is where you place your energy.” So, if you give a painful memory or event in your life a lot of your attention, and keep talking about it, and thus give it more energy focus, the more the energy will flow to that memory., causing it to expand, not lessen. This can end up in increased suffering, not less.

In other words, if you sit in traditional talk therapy, and visit a traumatic event over and over again, it creates new links between nerve cells, so the event (or memory) becomes more crystallized in your body, rather than releasing it from your body. The way to flip this on its head is to release the energy associated with the memory, so eventually there is no emotional charge. In the words of Dr. Joe Dispenza, “A memory without an emotional charge becomes wisdom.”

Using somatic release methods, we can release trauma from the body without revisiting the memory. Have you ever witnessed an animal shake after being chased? This is a form of emotional release. The chased animal got scared, the energy of the emotion was lodged, and then the animal intuitively shook it off. Animals know how to do this. Humans do not, at least not in the Western world. I dated a girl about six years ago who would shake her legs and body when she got stressed, or even after an argument between us. I thought she was a little strange — until I discovered this information!

I first experienced shaking in my own body when I saw an energy healer in California five years ago. She was described to me to be like Yoda from *Star Wars*. I was told this Peruvian woman would just “know stuff” about me. On recommendation, I drove for seven hours with a good friend of mine to meet her, and our lives were changed after just one weekend. I’ll never forget our debrief driving back to Los Angeles together. Neither my Irish friend nor I had ever experienced anything like what we experienced that weekend. We engaged in some powerful plant medicine (a legal type) and the healer was able to *see* into my body, my life, and my past.

Among many profound experiences I had with her, she performed some energy work on me that induced my legs into shaking all by themselves. As I lay on my back, knees bent, she did what she called “energy extraction.” She would spit into a cup every now and again, and burp, and make jokes about how ladylike she was. In just a few minutes, my legs were shaking all by themselves as the energy was shifting, passing through my body, and being released.

Another time, she picked up through me the energy of a friend of mine in England. She kept asking about him, using his name. What transpired changed my view of the human body, and connection to one another, and, really, life — entirely. I will never look at the human body the same way again, as I truly began to understand us as energy beings, interconnected to one another (proven now with quantum physics), and not separated and limited “meat robots.” We will dive deeper into this in the Quantum section.

At the time of writing this, I have just returned from Guatemala where I took part in a five-week intensive book-writing retreat, to get this book done! In Guatemala I met several very gifted healers. Among them was a woman who did a very similar energy extraction process on me during a

time when my glands in my neck were swollen for no apparent reason. She burped and shook as she carried out this extraction on me. Occasionally, she'd ask me specific questions about my current challenges. that were resonant with the location of the symptoms.

If you do not resonate with this yet, remember that I thought my ex-girlfriend was strange — until I experienced this for myself. I have, hopefully, at least, planted the seed for you, for something which will undoubtedly show up in your life at some time in the future.

Meeting similar healers might seem to you to be a challenge, but once you set the intention, you might be amazed as to whom you meet. We must also find ways to do this ourselves. I have a toolbox of methods with which anyone can release this energy. They include, but are not limited to:

1. *The Emotion Code* (book and process) — using applied kinesiology, you can determine the names of emotions, where they are stored, when they were stored, and more, and release them very quickly. This is my personal favorite.
2. Yoga — as described by Alizah Silver. Listen to our podcast and also another podcast on healing trauma and ADHD with yoga, with Janelle on "The Vitality Secret" Podcast.
3. Acupuncture, Qi Gong, tai chi, any form of energy treatment
4. Trauma Release Exercises (TRE), which are exercises to induce a form of shaking in the legs as I described above, while lying down.
5. Laughter therapy/yoga — why not make it fun!
6. Frequency therapy such as sound healing and tuning fork therapy (yes, really — we *are* energy

beings!)

7. Breathwork — I'm dedicating a whole section to this, in Section 4 of this chapter.
8. Healing Back Pain — *The Mind-Body Connection* (book)

Trapped emotions are not only the root cause of most chronic illnesses, but they are also the underlying cause of most addictions, depression, and being reactive, highly strung, and stressed. It is therefore recommended that you explore ways to release them. Find a method that suits you and enjoy the process.

The Emotion Code

"A memory without the emotional charge is called wisdom."

— Dr. Joe Dispenza

With the understanding that our bodies are driven by electrical systems, and the impact of emotions being stored as electromagnetic bundles of energy, it is important to know how to release them. As discussed, emotions can be "trapped" in organs, joints, muscles, fascia, and throughout the body. What most people do not realize is we can quickly release emotions in multiple ways without years of talk therapy. Some of my clients have become pain-free in one sitting by applying one of my secret tools, *The Emotion Code*, by Dr. Bradley Nelson. (Not so secret now!) This section is dedicated to The Emotion Code, where you will discover:

- How to get to the cause of pain, muscle soreness, or a symptom
- Tapping into your body's memory bank and intelligence
- How emotions drop voltage in your body

- The release processes

As we go through life, we store electromagnetic imprints of traumatic events. Situations that jolt, upset, or harm us alter our emotional state and accumulate as electromagnetic imprints. Unless we release the imprints, health challenges can be activated, as can mental and emotional imbalances.

“The issues are in the tissues”

We are electromagnetic beings, and we are all energy at the subatomic level. In fact, we are 99.9999999% empty space when you zoom in enough. You might recall from Chapter 9, here, on The Body Electric and *“Healing Is Voltage,”* that emotions are a primary reason for the drop in voltage, which is really the reason why we fall into dis-ease.

If we do not express our emotions, or process them, or release them somehow, we will likely hold onto them, and carry them around for years, or even decades. Most of us have been brought up to not express our emotions. If you’re a guy, you’ll likely have heard, “Boys don't cry.” This tends to lead to challenges, as all these pent-up emotions eventually surface as symptoms of some kind. It’s worth noting here that particularly with significant traumatic events in our lives, we normally need to do more than simply release the energy. That can indeed alleviate a symptom, but we need to process them mentally, too. There are many ways in which we can do this, looked at later, beyond traditional talk therapy.

As I’ve mentioned, the human body is wired a bit like a house. Emotions reduce the flow of electricity, or voltage, to various organs. Imagine a light (meaning an organ in the body) flickering in your home. An electrician would problem-solve and *reverse-engineer* the cause as to why insufficient power is reaching the light. It might be a damaged or compressed cable. This is how trapped emotions affect the

body´s electrical circuitry — they drop the flow of electrons and cause less power to reach certain organs. Remember:

“A characteristic of all chronic illnesses is low voltage to an organ.”

Emotional release need not be a painful, long-winded, process. The system I use to release emotions from my own body — and that I daily see helps my clients — is a technique known as The Emotion Code by Dr. Bradley Nelson. It is profoundly effective. Using applied kinesiology (muscle testing), one can find out a lot of information – by tapping into your body’s memory bank and intelligence. If you’d like to learn about the scientific studies on this, I recommend *Power Vs Force* by Dr David Hawkins. Here, we can determine the name of the emotion, when an emotion was trapped, where in the body it was trapped, whether it was inherited or a result of this life experience, and more information, as needed. You can find out much more about this at Go to VitalitySecret.com/codes. Using the links, download the Emotion Code chart from Dr. Nelson´s website. The first chart contains 60 emotions, split between 2 columns and 6 rows. By process of elimination, you can narrow down to the right box, and then the name of the emotion. The release process is easier than you might ever imagine!

Occasionally, if I can’t sleep, or if eczema appears on my skin, I’ll carry out The Emotion Code on myself, and release the emotions associated with the symptom. It requires a little practice, but once you get used to it, it is fast and effective. Above all, have fun with it!

Letting Go

“One of the hardest things to do in life, is letting go of what you thought was real.”

— Buddha

It's amazing what we hold onto in life. Over time, emotional baggage takes its toll, and suppressed and trapped emotions eventually surface by way of presenting a symptom. If I knew back in my teenage years, or even childhood, what I know how, I could have avoided a lot of suffering. In this section, I intend to shed some light that might help to alleviate some suffering, so you become free from the chains of the past:

- How trapped emotions lead not only to disease, but how we react and perceive our world
- Man's Search For Meaning
- The art of surrender

“Let it go, Neil,” friends would often say when I’d ruminate on something, bringing it up again and again in conversation, when something really upset or angered me. I used to be so stubborn and wanted to be “right," so much so that I’d never meet anyone in the middle ground.

I once fell out with my girlfriend's brother because of a misunderstanding when he was renting a room from me with his girlfriend. I shall spare you the details, but let’s just say it led to disruption in our friendship. “He did this… which meant that…and therefore he’s wrong, and I’m right and… unshakable.” This kind of thinking doesn’t help anyone. Had I known a few fundamentals of emotional intelligence as I do now, it would have been very different. I was mirroring the only way I knew. How often do we go through life holding onto things that just don’t warrant the energy? (This is a tiny example of a big point. The sad fact is that it’s normally ourselves who we hurt in the end when we don’t forgive or accept. Why do we hold onto things in the first place? Why can’t we just let them go immediately?

The reason these behaviors, reactions, and thought patterns arise is due to our life experience — events we have experienced that have caused us pain in some way,

that have created and left an electromagnetic imprint in our bodies and our minds. Unresolved trauma (aka trapped emotion) is why many people struggle with their weight, develop addictions, experience unhealthy relationships (and continue to attract them), challenges with finances and other external life challenges, and is why we repeat and recreate the same patterns in many areas of our lives, and why we allow ourselves to fall into dis-ease.

Trapped emotions play a role in how we react to anything from there onward. They set the foundation for how we perceive our world. To get past the past, we need to draw a line in the sand, and do what we can to address everything in a neutral way. We must ***let go*** of the past, and/or change the meaning, or change the context to enter an empowered state. Please note, I am not suggesting to minimize the magnitude of severity of situations some people experience — like rape, physical or emotional attack, harrowing upbringings, or going to war and witnessing atrocities. What I am suggesting is that if we can release the energy of the memories, create new meaning, (mentally), process the event (somehow), and ***let go***, we can allow the body to return to balance and harmony.

An event that happened in my life in my early 20s caused me a lot of emotional pain. I held it accountable for the next decade, blaming it for my not advancing as I would have liked in my career and finances. I would occasionally tell the story to friends during deep and meaningful conversations. It was often after being over-served with beer or wine. They would always offer me their sympathy. One said, “I’m surprised you’re not off the rails and haven’t resorted to drugs.” And each time I told the story, it solidified. “*Neurons that fire together, wire together*.” Each time I told it, I became *more* victim to it, and it paralyzed me. It wasn’t until I threw myself into various transformational programs and emotional intelligence

courses that I really started to master my emotions, and things took an upward turn.

Unless we release and let go of unresolved trauma, and allow our emotions to be processed, it is likely we will continue to attract similar traumas and get triggered by people or events bringing that trauma back to life again. Why do some people get triggered by a line of stationary cars (aka a traffic jam, a neutral event) and others remain calm and collected?

A book I'd love to reference before I discuss more about “the art of letting go," is psychiatrist Victor Frankl´s bestseller, *Man's Search for Meaning*. His memoir sold more than ten million copies by the time of his death in 1997 and touched the lives of generations of readers with his descriptions of life in Nazi death camps and his lessons for spiritual survival. Between 1942 and 1945 Frankl endured four different concentration camps, including Auschwitz. During that time, his parents, brother, and pregnant wife perished.

Drawing from his own experiences in concentration camps and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering, but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory — known as *logotherapy*, from the Greek word logos ("meaning") — holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful — hence: *Man's Search for Meaning.*

A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found *Man's Search for Meaning* among the ten most influential books in America.

His clinical and personal experience in the most unimaginable circumstances helped him to understand that traumatic occurrences change considerably if a new meaning is placed around them. Regardless of what your spiritual outlook is, if we can grasp that life happens *for* us, rather than *to* us, it can make a profound shift. In the Nazi concentration camps, Frankl was able to view his physical and psychological suffering as an opportunity to achieve inner triumph. He writes, “Everything can be taken from a man but one thing, the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.” He was able to create a whole new context to the most horrific situations to establish new meaning for his human spirit. Reading this book helped me think, “If he can do it in a Nazi concentration camp, then I can do it for my trauma.”

As cited in Dr. David Hawkins’s book, *Letting Go*: “Every life experience, no matter how tragic it is, contains a hidden lesson. When we discover and acknowledge the hidden gift is there, healing takes place.” I heard that at The Gerson Institute, where they help people reverse cancer, one of the first things the client is asked to do is to make peace with the tumor and find appreciation for it. Can you see the tremendous power in this? If I were to experience cancer in my body, the first thing I´d want to do is to find appreciation for that **symptom**, after the initial shock. I do not care for the conventional narrative. In my view, that is programming to put us into a victim and fearful state. And once in that state, we’ll only ever do what we are told, rather than do our own research. This “new way” of healing makes infinitely more sense to me than saying, *“F*ck cancer.”* That renders us powerless. What if cancer is your body trying to communicate to you an important message? How else would we know are out of balance? As mentioned before,

many people who reverse cancer holistically say, *“Cancer saved my life!”*

As I have looked back at events in my life that I consider caused the most pain, I am also able to see how they shaped who I am today. Developing retrospective judgment is a powerful tool. It enables us to view life events as opportunities to grow, expand, experience, and develop. It might become obvious that there was an unconscious purpose behind the event, almost as if our subconscious knew that something more important had to be learned, as painful as it was, and that event was the only way it could be brought into experience.

Therefore, as we pass through a life crisis, it can make us more compassionate, more human, more understanding and accepting of others, as well as of ourselves. It means the idea of making others wrong or making ourselves wrong, is pointless and is wasted energy. Handling an emotional crisis, when done so consciously, will undoubtedly lead to greater wisdom and benefits that can last a lifetime. None of us are taught this growing up, and it can be the make or break of ourselves, physically, mentally, emotionally, and even spiritually.

In *Letting Go*, Dr. David Hawkins discusses several techniques for letting go of emotional baggage. It might be as simple as sitting with yourself, being comfortable in the discomfort of experiencing the emotions, to allow them to process, so we can then disassociate from the pain.

Exercise: Create New Meaning and the Art of Letting Go

1. Consider an event in your life that has caused you a lot of pain, that you believe has held you back in certain areas of your life.

2. Sit with the event and ask yourself what the underlying emotion is.
    - Is it abandonment? Rejection? Heartache? Anger? Lack of control? Panic? Resentment?
    - You might wish to refer to the Emotion Code flowchart at VitalitySecret.com/codes
    - Sit with the emotion. Feel it. You might wish to do this for a couple of minutes, or longer, if necessary. (Note: This NOT an exercise to retell and relive the memory in your mind´s eye. It's an exercise to feel and process the underlying emotion.) To take it one step further, you might want to sit with it until you can no longer feel it. This is when it has been transmuted into the ether!
3. Consider how you believe it has impacted your life. Do you believe it has affected you in your working life? Relationships, intimate or otherwise? Do you believe it has affected your self-worth which has led to a decline of your health? Has it created a feeling of unworthiness?
4. Ask yourself: If this happened for a reason (as cliché as that sounds), and my subconscious mind and body intended for this to happen for my greatest good and growth, how has this ***benefited*** me? How has it made me stronger? If you feel like going a little more esoteric, consider how this event happened ***because of*** you for your own personal growth and expansion.
5. Ask: What are my strengths now, that have arisen due to this traumatic event?

6. Commit to letting go of the meaning that disempowered you and focusing only on the new meaning that empowers you, from now onwards.

I recommend not to avoid emotions. Instead, sit with them, process them, ride the wave of the emotion, surf them, know it's temporary if not enjoyable, and know it'll pass. In time you'll likely not need to distract yourself from them.

Breathe Out Your Trauma

"The most incredible thing about breathwork is that it truly allows you to become your own healer."

— Eryn Johnson

Who knew breath could be so powerful? Breathwork, in addition to previous methods, is an enlightened way to release trapped emotions. If this is a new term to you, consider it a form of rhythmic breathing, which causes a magical chemical to be released in your lungs that might give you insights and ideas as you release energy that might be holding you back. We will discuss:

- My Bali experience doing this for the first time
- DMT secretion
- "If you want to have an orgasm like Neil, keep breathing."
- An advanced form of meditation

Bali Breathwork

In 2015, my life became rather nomadic. It was always a dream of mine to be able to work and travel and explore the world. I started attending online marketing seminars in 2010, dedicating weekends and evenings to learning a

different way to support myself. In 2015, I found myself living in Bali for several months. It is a truly magical place, and I met many fellow remote workers (aka “digital nomads)”. This is a term given to people who can work from their laptops everywhere around the world.

I felt fully in my element in Bali and got into the best shape of my life. I wasn’t consciously trying to get really fit and ditch a few pounds, it just happened, and I attribute it largely to the energy of the place, the quality of the food I was eating, and, ultimately, my state of mind. Yes, I was going to the gym still, and looking after my body, but no more than usual.

During my stay in Bali, I came across this practice called “breathwork.” I’d never heard of it. I was curious and said yes to every new experience that came my way (within reason!). I was told that you can have incredible insights or “downloads," establish more clarity, that you can get emotional, release emotions (new to me), and possibly have an almost psychedelic experience. (I´d just like to point out, I’d never done any form of psychedelic by that point as I had always been told of the risks to the mind, and I was quite simply scared of them.) I was curious about having an experience without a substance, though.

In a room of 20 or so people, we sat on yoga mats and had our blankets at hand as we listened to our instructor explain the process and what it would entail, the physiological effects it might have, the effects on the mind and our emotions, and what to expect. We were told how to breathe and for how long we’d breathe in this manner and how music would be used to enhance the journey.

After the introduction, we lay back and the music began. I began to breathe deeply with one hand on my belly, the other on my chest. I was filling up my lower belly and then my chest. It wasn’t comfortable, and if there had been no

one else with me, I'd have probably given up. That said, the energy in the room helped me to push through. My hands started to contract. I developed what I call T-Rex arms when my hands went into claws. (This is normal, also known as *tetany*.) After some time, I started to feel this sense of overwhelming connectivity to myself, to love, and I felt like my head was merging with my heart. I cried and I was engulfed in an energy that I can only describe as love. Memories came to me, loved ones came to mind, my emotions went into a pure state of appreciation for simply being. I felt engulfed in love. I made a decision to bring more love into my work, and to make an effort to come more from my heart, not from my head.

A few years later, I did breathwork again in Tulum, Mexico. After the introduction, and having had this experience in Bali, I had quite high expectations to experience something similar or greater. But it doesn't work like that. I breathed and breathed, got lightheaded, tingly, developed T-Rex arms (aka tetany), physiological things were happening, but nothing else — that I was aware of, anyway. I got frustrated that nothing was happening and was resigned to the idea that nothing was going to happen this time. And then it happened, most unexpectedly… Just as we were guided out of the intense breathing part of the breathing journey and almost as soon as I let go of all expectations, I relaxed and fully surrendered into the present moment. I saw an angel, clearly and brightly in my vision. It was beautiful. I shared this with the group and our guide said this might signify the start of a journey into enlightenment. Sounded good to me, whether it was verifiable or not!

I later learned that we secrete DMT in our lungs. DMT is short for dimethyltryptamine (aka "The Spirit Molecule"). This is why people can have an almost psychedelic experience purely through breath. This is a chemical we

secrete when we’re born and when we die. We can experience and access higher levels of consciousness purely through breath. I learned this from an interview I had with a breathwork practitioner, who has since become a good friend, Kurtis Lee Thomas.

Kurtis runs a monthly “Breathwork Detox” on Full Moon. Like everyone who works in holistic health, Kurtis comes with his own story of healing. He had a number of personal health challenges that he could not shift, despite attempting many different types of diet, treatments, and therapies. He tried plant medicines like psilocybin and ayahuasca. It wasn’t until he discovered breathwork that he experienced the most profound transformation in his body.

He realized his challenges were not rooted in the physical, but in the emotional “body,” and he referenced a Woody Allen quote: “I never get angry — I grow a tumor instead” and “The issues are in the tissues.” Kurtis was able to release trauma (aka *trapped emotions)* using breathwork. Emotional baggage, he reported in our interview, has a major impact on the physical body and describes releasing emotions as clearing the runway for healing and attracting magic into our lives. Breathwork is a powerful way to release these emotions, as I have experienced myself as my body shakes, starting normally with my legs.

“If you want to have an orgasm like Neil, keep breathing.” As you embark upon your breathwork journey, you will reach a point of discomfort. When you push through the discomfort, this is when you can experience transformation and other beauty that comes with it, such as profound insights and downloads. It's like preparing yourself for light bulb moments in the shower when you solve a problem in a split second or have a world-changing idea.

Breathwork might also be considered a meditation “hack.” One of main reasons I love Wim Hof breathing, other

than the physiological effects it has on the body, is that it helps to get the mind into an altered state, where you can let go of thought for a few moments, far easier than you can do with starting off with a standard meditation practice. Entering a meditative state when you're "high on your own supply" can be profound.

Psychiatrist Stanislav Grof founded a process called "Holotropic Breathwork." Holotropic means moving towards wholeness. "Holotropic Breathwork® is a powerful approach to self-exploration and personal empowerment that relies on our innate inner wisdom and its capacity to move us toward positive transformation and wholeness. Acknowledging, accessing, and supporting the inner healing intelligence and impulse in each individual is the essential cornerstone of this approach."

Imagine feeling this sense of unconditional love, a feeling of being connected to your heart, to yourself, accessing an altered state of mind, of consciousness, that allows for ideas to flow, for clarity to be established, and for trauma to be released. You might even get to a state where you feel a rush of energy passing through every cell in your body, which now happens to me regularly.

Breathwork is a powerful and enjoyable healing modality. Kurtis closed our interview with: "People need this tool more than ever. People are escaping to drugs and alcohol. They're escaping reality, to escape stress, anxiety, and depression." Learn more and join a breath class, here: VitalitySecret.com/breathe. Breathwork helps us to become more aware of our thoughts, and our emotions, which leads us to the next chapter: the mind-body connection.

CHAPTER 11

THE MIND-BODY CONNECTION

“The moment you change your perception is the moment you rewrite the chemistry in your body.”

— Dr. Bruce Lipton, Cell Biologist

Flip the Nocebo

Most people have heard of the “placebo effect,” yet most people have not considered just how powerful it is or how it works. By simply taking an inert substance, through the sheer power of the mind, we can reverse symptoms, get rid of pain, and alter our brain state. We effectively command the perfect concoction and pharmacy of chemicals with our thoughts. We are powerful beyond imagination. The Nocebo effect works in reverse. Here we will cover:

- How the placebo and nocebo effect work
- How we create a fight or flight response
- A traffic jam emotional response example
- The biology of belief
- Becoming the conscious observer of your thoughts
- How to flip the Nocebo

When you gain a basic understanding of the hormone cascade that takes place after a single thought, it starts to become clear how people are healing themselves through thought alone.

The placebo effect is responsible for around fifty percent to two thirds of positive results in clinical trials when new drugs come onto market.[62]

By simply taking an inert substance in a pill on a regular basis, through the sheer power of belief that the pill is going to help us in some way, maybe address an illness, get rid of pain, alleviate symptoms of depression, we can create desired results on demand through thought alone. Essentially, we can command the perfect internal pharmacy of chemicals conducive to healing with our mind. “Our brain is the chemist,” in the words of cell biologist Dr. Bruce Lipton.

The Nocebo effect works in reverse. Dr. Lipton is ahead of the game with this one, again, although I first came across this term in The Truth About Cancer documentary series. I understood that if someone is diagnosed with cancer, and they are given a prognosis of, say, six months to live, and the recipient of that information believes the prognosis, believes the authority providing the advice, then that alone is enough for the mind to shut the body down in that time frame. Using an example not quite as drastic, Dr. Bruce Lipton discusses how we can think ourselves well, or we can think ourselves sick. We all know this on an intellectual level, or intuitive level, because we all know that stress leads to disease.

What is stress, though? A favorite definition of stress of mine is one I came across when reading the book, *Flow: Living at the Peak of Your Abilities,* by noted psychologist, Mihaly Csikszentmihalyi. In fact, he coined the term *Flow State*. He described stress as being our internal response to external strains. This definition has stuck with me ever since. In other words, stress is how we react to events and how we perceive our world that has the potential to cause a stress response — or not.

Knowing that our thoughts can make us sick, and **understanding that the brain is a programmable organ**, imagine hearing the same information consistently from, say, the mainstream media, about “incurable” illnesses or how millions of people are dying from a deadly virus.

Without going into the science, you might comprehend how repetition of negative information is, first, programming the mind to create new beliefs, and, second, leads to sickness — whether the information is true or not. This is known as the *nocebo effect*. That is, if one pays attention to mainstream media it can be a pattern of programming, whether the facts of the programming are true or not.

What's the solution? **Flip the nocebo.** (I'm going to trademark that term — I invented it!) Dr. Joe Dispenza, the author of several *New York Times* bestselling books — including *You Are The Placebo, Breaking The Habit Of Being Yourself*, and my favorite, *Becoming Supernatural* — talks about becoming the conscious observer of your thoughts. When we do this, we can then change them accordingly.

Understand the hormone cascade that takes place after a single thought, and understand how people are healing themselves through thought alone. Consider what happens with a sexual thought. I likely don’t need to explain to you what happens next. There is a cascade of chemicals and hormones that follows a fantasy thought that causes your reproductive organs to become aroused extremely quickly. And it all starts with just a thought.

Here is what happens when we have a stressful thought that can lead to the nocebo effect: You hear repeated information that there is a new threat in the world making lots of people sick or even die. Without consciously thinking about it, your body goes into a moderate fight or flight response. From a single thought of fear — be it fear of

getting sick, or dying, or someone close to you dying — your body enters a survival response as if you're about to escape a saber tooth tiger. Your body secretes hormones of stress, cortisol and adrenaline, and inflammatory agents, including cytokines in the blood. Such hormones switch your attention to your outer world because that is where the danger lurks. At the same time, this turns off the problem-solving and creative part of your brain because it is unnecessary at that moment. Please pause for a moment. This is a huge point. **When you are in a fearful state, you are less able to be creative and do problem solving.**

Energy and blood are drained from the gut (where 70%-80% of the immune system is located), and blood flows to your extremities so you can escape, fast. It's not unusual to stay in survival with cortisol and adrenaline pumping around your body, keeping you on high alert for some time. As this is happening, your gut microbiome falls out of balance. Energy has flowed to mobilize an enormous amount of energy in response to the threat, and the immune system is compromised.

It becomes a familiar feeling because emotions are the chemical consequences of your past experiences — and you recreate them (Dispenza, 2017). You've been there before. In fact, even though it's not a nice feeling, the rush of adrenaline and other stress hormones provide a rush of energy. This rush of chemistry can even become addictive. In other words, hormones of stress can be, and are, addictive. (Our problems can also become addictive.) Quick! Turn on the news again!

An alarming truth is that many of us are in this heightened state of arousal, for most of the time. This is partly because of the world of "hyper distraction" in which we live, to which we are constantly responding. We receive texts (and/or demands) from a plethora of messaging apps, email notifications, calendar reminders, push notifications

from other apps, social media alerts, phone calls (remember them?), and so on. The brain isn't designed to be constantly distracted like this, and it doesn't allow us to enter a flow state. The brain is not an octopus. It actually functions best when we're uni-tasking, or if we are multitasking, when it is planned and deliberate multi-tasking. Women are indeed better at it than men, but even so, a Harvard study found that those who multitasked became more forgetful and found it harder to concentrate.[63]

Our emotional responses and well-being are a direct reflection of how we perceive our environment. None of us have been trained that stress is actually our *internal* response to our external environment, or an external strain. Most are unaware that we can choose our response – because we have not been trained in that way.

I expect you know people who are "highly strung" and others who are "chilled." Imagine that everything that is happening is neutral, and every event we experience is actually neutral, and the only meaning anything has is the meaning that we give to it — based on our personal story, our past.

I often use the example of getting stuck in traffic. The road might be clear for work, suddenly, an accident brings traffic to a standstill. Two people can perceive this event in entirely different ways. One person might take a few deep breaths, notify their boss that they're about to be late for work, and put on some music or listen to a podcast (maybe "The Vitality Secret Podcast"). They'll remain relaxed and surrender to the circumstance, knowing there is nothing they can do about it. Another person might get angry, start swearing, and weave in and out of traffic, display road rage, maybe even cause an accident.

Person A experiences a feeling of calm in the body, maintaining balance in their gut, where inflammation might

otherwise take place. Their immune system remains strong, the body doesn't perceive any kind of threat. Person A remains in balance and thinks harmonious thoughts. Person B's body receives the signal that it is under attack and enters a survival response, aka fight-or-flight, and the blood starts to drain from the gut and flows to the extremities to escape a threat.

Over time, living in survival and stress causes the primary engine in the body, your gut, to weaken, leading to disease. It might be that you were fine eating a certain food type for most of your life, and suddenly you can't. "Leaky gut" might occur, when the gut lining is weakened and tears — regarded in Functional Medicine as the underlying cause of autoimmune disease. Science tells us that long-term stress pushes the genetic buttons that create disease — all from a thought, or a series of thoughts from a place of fear.

On a lighter note, here is how the placebo effect works — a positive thought of "this pill is going to help me" repeatedly run through the mind, with the same belief (a belief is no more than a thought you keep thinking) can quite literally change your biology for the better, and not just better, but profoundly different, and create an environment for healing and growth.

The positive thought triggers an emotion, which then triggers a cascade of chemicals and hormones, perfectly in alignment with what your body needs to heal itself. Almost by magic, your body is put in a healing state — by thought. Your body secretes its very own pharmacy of chemicals. The body is magical.

Here is an "ABC of mind-body biology," by Dr. Bruce Lipton, author of *The Biology of Belief*":

First, all organisms (living things) read and respond to environmental information — their external stimuli.

Process A — When we perceive, our brains receive signals from the environment (sights, sounds, smells, temperature, pain, etc.) which are registered by the nervous system's receptors. The next part, Part B — is based on our life experiences and instincts. The mind will assess incoming signals and make a judgment as they relate to our survival. In Part C — Neuro chemicals are released and cause the body to engage in a growth response OR protect itself with a survival response, OR completely ignore the signals as they are not relevant to survival. Neurochemicals released into the blood determine cell behavior, via epigenetics that control gene activity. **In other words, how we perceive our world will control the expression of our genes! (**Some things are worth repeating.)

Simplified: If your mind perceives a threat, it will react in a way that puts your body into survival mode, releasing stress hormones and inflammatory cytokines. If your mind perceives a non-threat, and an opportunity for growth, it will cause neurochemicals to be released that signal genes in a way that creates growth in the body, and healing. Whether you are running from danger, or are in love, your mind is what calibrates your blood´s biochemistry, and then determines your biology and expression of your genes. **This is not philosophy — this is the science of epigenetics.**

To "flip the nocebo", we must become the "conscious observer of our thoughts." We can catch ourselves in our negative thought patterns (or positive ones).

Flip the Nocebo

1. Think of something that you allow to cause you stress frequently — examples: traffic, argument with a friend or a family member, work deadlines.

2. Ask yourself what the actual emotion is that you’re experiencing. Stress is an umbrella term for many emotions as a result of fear. Stress is a code word for fear. Remind yourself that stress is your own internal response to your external environment. Consider the notion that everything that happens in our lives is neutral. It just—is. Our perception and the meaning we give to any event or situation are what creates happiness or suffering. If someone is upsetting you, or, rather, you are allowing yourself to be upset by them, it's worth reminding yourself that everyone is on their own journey and that “hurt people hurt people.” How we perceive them is what creates our suffering — or not. (*Please Note:* I´m referring to more common everyday-type stressors, not extreme events like the loss of someone or a pet or an attack — although I have witnessed extraordinary reframes in these regards, too).
3. Understand that stressful thoughts occur because of your past experiences, and you do not have to bring the past into the now, or into the future. Nothing has meaning except the meaning we give it, and that is based on our own life experience. When we change meaning, we can change our reaction, our perception, and then our biology. We can either create a fear response or a healing response — depending purely, and only, on our internal decision on how we will react.
4. Consider how you can reframe the stressor in a way that is neutral, or even can be an opportunity for growth. I like to think of problems as challenges — that alone switches the brain from a fear response into creativity. (Remember what

Einstein said: “No problem can be solved with the same level of consciousness that created it.”)

5. An empowering reframe is going to help you to signal new genes in new ways. I have heard that The Gerson Institute, which helps people reverse cancer predominantly with micronutrient therapy and coffee enemas, requests that clients make peace with the cancer they have, find appreciation for it, and even thank the tumor for communicating with them that their life needs addressing in some way. If those with cancer can reframe and create new meaning, those without it, I believe, can reframe almost anything. (I’ve even witnessed rape victims reframe their traumas. I thought to myself, ‘If they can do it, I can do it.’)
6. The ultimate goal is to approach unexpected outcomes with neutrality, or even appreciation. The moment we’re in appreciation is the moment we raise the frequency in our body, and immediately start to secrete hormones and chemicals conducive to healing.
7. Another way to ‘Flip the Nocebo’ is to disengage from the identity of the label of an illness or symptom. (You´ll discover more about this in the next section.)

Caveat: This is a lot easier with minor thoughts & emotions & patterns. I do not think it is healthy to “bypass” emotions such as grief. In fact, emotions ought to be experienced. How long we stay with them, though, can determine our mood, our temperament, and our personality over time.

In summary, you are in control of your thoughts and your emotions. Control takes practice, but it is doable. How you

perceive your world is a major factor in your biology. My word of 2020 was “surrender.” And in the words of actor Anthony Hopkins: To live a happy life, “*Expect nothing and accept everything. It makes life so much easier!”*

Your Love Potions

> *“Love opens you to the world, which allows you to bring in the joy, the energy, and the happiness. Fear closes you down . . . Love enhances energy, fear shuts the energy down.”*
>
> — Dr. Bruce Lipton

Can the chemicals of love heal the body? Understanding the placebo and nocebo effect helps to set the foundation to understand how different types of emotions affect our biology. Here I will discuss why the Beatles were onto something when they sang, “Love is all you need.”

We will look at:

- The Honeymoon Effect
- Chemicals of love vs chemicals of fear
- Upgrading your gene expression and DNA with love
- The frequency of emotions

Early last year, one of my favorite healer friends told me that I would not get Covid because I’m too high frequency.” Seven months later, I (apparently) got Covid. Was my healer talking nonsense, or had my frequency dropped? You´re probably thinking: ‘Frequency? Healer? What the hell are you talking about, you crazy person? You´re sounding like a hippy, Neil!’

About this, renowned cell biologist Dr. Bruce Lipton wrote a *New York Times* bestselling book called *The Honeymoon Effect*. He reported that there are studies of couples around

the world who were in the honeymoon period, in which they were head over heels in love, and they were demonstrating healthy biomarkers, with low inflammation and a strong immune system, as indicated by IgA (*ImmunoglobulinA*), resulting from **love potions. When we're in a state of love, we secrete dopamine, oxytocin, and growth hormone, which make for a stronger immune system and healthy environment in the body.** This is in stark contrast with the chemicals of stress (fear), that include cortisol, cytokines (strong agents that incite beneficial or negative inflammation), adrenaline and histamine that, when out of balance, compromise the immune system.

And, according to Dr. Joe Dispenza, and a quantum model for health, all illness is a result of the lowering of frequency. This tallies with Dr. Jerry Tennant, who reports that, from the standpoint of physics and the body electric, "*high voltage is healing*," a characteristic of all illness is a result of low voltage to an organ. In other words, not enough electric power getting to the organ in question is why the organ starts to misfire, and the body produces unhealthy symptoms. Sounds too simple, doesn't it?

Maybe, just maybe, health has been overcomplicated. I think it's time to move away from the notion of "genetic" diseases and "incurable" illnesses. It is my belief that the body can heal anything when we raise our electric frequency, our electric voltage, and ultimately create a healing environment in the body. (This is facilitated by eliminating/eradicating toxins and replenishing the body with all our cell fuels.)

You are now aware of the placebo effect and the nocebo effect, and how thoughts trigger an emotion, which then triggers a cascade of hormones and chemicals in your body — all because of thought. They either compromise your immune system or strengthen your immune system. And you know that chronic stress (due to chronic negative

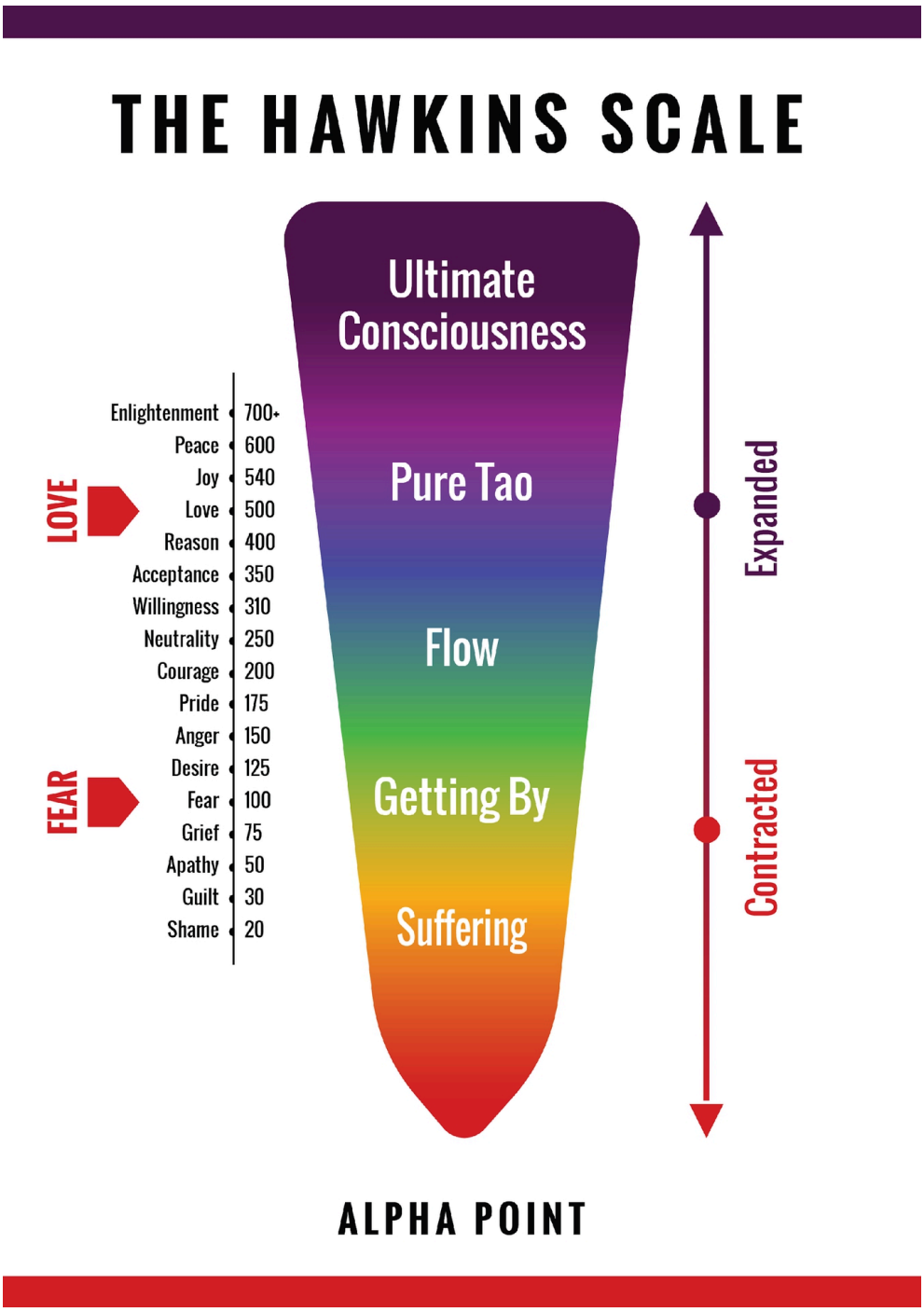
thoughts) compromises the immune system and leads to chronic symptoms.

If you're on board with the placebo effect and the nocebo effect, you might agree that we can think ourselves Vital and we can think ourselves sick, and/or we can also feel ourselves Vital or feel ourselves sick. **When we are flooded with the chemicals of love, we can upgrade our body, our DNA, and our gene expression.** You might be thinking, 'Well, that's all fine and dandy if you're in a brand-new relationship and having sex five times a day — what about the rest of us?' The beauty of this is that you don't have to be in a brand-new relationship to experience this. We can create the chemicals of love with our minds, in most situations. In the next chapter, I'll reveal to you a specific, scientifically proven way to achieve this on demand. I call it a "supercharged" meditation. (Don't worry — you won't have to become a monk and sit on top of a mountain for 10 years to master this!)

For now, I´d like to draw your attention to the premise that emotions can be measured in terms of their frequencies — a quick reminder of Tesla´s famous quote: "*If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.*"

Consider that emotions are energy in motion (e-motion). It is the movement of energy. David Hawkins, MD, PhD, authored his book, *Power vs Force* (2014), in which he reveals how emotions can be measured in terms of their frequency. Higher frequency emotions are those of love, appreciation, joy, compassion. Lower frequency emotions are those of fear, guilt, and shame. You might be thinking, 'This sounds a bit "woo-woo!"' It does, until you remind yourself that everything is energy, frequency, and vibration. It's even cited in the peer-reviewed medical library, PubMed:

Higher “states of being” are incompatible with certain physical conditions and disease processes. Our state of being is the ultimate tool of health and wellness. In his book, Power Vs. Force: The Hidden Determinants of Human Behavior, psychiatrist David Hawkins, MD, PhD, studied the nature of pure consciousness (2). He quantified the power of a positive thought and a negative thought and developed a logarithmic scale of levels of consciousness (Table). Dr. Hawkins came to his conclusions through research and kinesiology testing (Rappa, Peter, M.D.).



Source: *Power Vs. Force* (2014), by Dr. David Hawkins

Knowing that emotions of love heal the body and that emotions of fear (a code word for fear is *stress*) do the opposite, it becomes apparent that we ought to do whatever we can to raise our vibration, and be in a place of love, and joy, and peace, as much as is humanly possible for optimum

health and Vitality. This also helps in a profound way in our external environment, too, as you'll discover in the quantum section. Clearly, this is a lot easier said than done, particularly in the current cultural climate.

Living in a "higher vibe" state takes practice and discernment, in terms of what we expose ourselves to. One reason I withdrew from following mainstream news about nine years ago was that I realized it was riddled with fear, and I intuitively knew this wasn't good for my mental state or my emotional well-being. The world is a far more beautiful place than what is presented to us in the news. I also came to realize that the mainstream news is agenda-driven and harmful when it comes to health.

I like how this PubMed author, Dr. Peter Rappa, describes the research of Hawkins:

> "Emotions are really energy in motion, or e-motion. After thought becomes emotion, emotion is transduced or expressed in a physical form to be experienced. The effects of our thought-forms and emotional states occur in distinct physiological terms: i.e., illness or disease. A high state of stress can lead to the expression of endorphins and cortisol; the cascade is easy to follow. Chronic stress and anxiety, grief, and anger are even more powerful, acting through the neuroendocrine system to produce physical states like hypertension, ulcers, and even cancers."

This is congruent with the work of Dr. Bruce Lipton and Dr. Joe Dispenza, Gregg Braden, and many other pioneers who are demonstrating how we can heal through thought alone.

One of the best ways we can consciously change our emotional state is by acknowledging how we respond to events in our lives. It's normally the first way we allow our energy to drop, largely due to the fast-paced lives we lead, responsibilities to our families, children, partner, friends, our boss, etc. When we learn how to change our response, and our perception, everything changes (as you have seen in the last section).

I’m going to quote the English actor, Sir Anthony Hopkins, more fully here:

> “My philosophy is: It's none of my business what people say of me and think of me. I am what I am, and I do what I do. I expect nothing and accept everything. And it makes life so much easier.”

This resonated with me. This enables us not to suffer. This enables us not to give meaning to events/situations based on our own past story, and traumatic past. Being in a place of acceptance, is also being in a place of surrender to “what is.” It just is. And there is often nothing we can do about the situation anyway, so the only person that loses is ourselves.

As I mentioned, my word of 2020 was “surrender.” My business took off, my money started building for the first time in my life, at the age of 40. I have been practicing what I refer to as “*the art of surrender.*” I invite you to consider it — it’s amazingly powerful. When something happens that normally causes me stress, I take some deep, slow breaths, and I say to myself, “It just is. This is neutral.” It takes practice, but I have noticed magic happening in my life because of it, so it’s certainly worth the effort.

But if something drastic happens, like losing someone, and you´re grieving, it is advised not to bypass that emotion. It is unhealthy to bypass emotions in general, but we can process them. Most negative emotions we can process and allow to pass quite quickly — providing we don’t suppress them with distractions like TV, or with drugs, alcohol, or sugar. Alas, this is what most of us do. I will share with you a process in greater detail in the next chapter on how to do this more effectively.

I have a quick exercise to help you become more familiar with the energy in your body. Take note of how you’re feeling right now. Don’t think about it — just note it. Now, I invite you to close your eyes for a moment and think of someone you love. Picture their faces, their eyes, their

smile, their mannerisms, how they make you laugh, anything else that helps you to conjure up their image in your mind. Smile as you do this. Put your hand on your heart and take some deep breaths into your lungs. Be present for a minute, really feeling the energy of this person. Consider them in what you might even describe as a high vibe state. Now what I´d like you to do is to tune into your own body. How do you feel? Have you noticed a difference between your feelings before and afterwards?

You might say, “Well obviously, Neil, I’ve just thought about someone I love — so of course I feel better.” The point is, what you have done is raised the energy in your body and started to secrete the chemicals of love. Your vibration has just increased. If you do this for longer, you might notice some subtle shifts in your body, like the easing of pain or a headache. We have heard of idioms like “high vibes.” You might even say, “I love that person’s vibes.” *Vibe* is short for vibration. We are vibrational beings.

When you put into practice “the art of surrender,” you might notice some subtle shifts in your body and in your world around you. Look for the gift in every obstacle. Consider it is there for a reason. Even if you have zero spiritual outlook, you can play around with this. It might just surprise you how much easier and joyful your life becomes.

I think the Beatles were onto something, “Love is all you need…”

Tapping into Your Heart-Brain

“HeartMath found that five minutes of feeling love and care can strengthen your immune system for up to six hours, whereas five minutes of feeling angry can weaken and suppress the immune system for six hours.

Love releases very powerful, beneficial chemicals into the body."

— Marci Shimoff

It's official: Your heart is more than a pump, considerably more. Solid science is showing us now that the heart is, in of itself, a "little brain." Decades of research have shown us that we can leverage it for deep intuition and healing — on demand. Time to take the 'woo-woo' out of spirituality. Here, we will cover:

- The discovery of the heart-brain
- The heart's memory
- Communication between heart brain and head brain
- Creating a healing environment in the body on demand
- Tuning into intuition on demand

In the last section, you learned that our perception of our world around us changes our biology. How we react to and perceive events determines the health of our gut (where inflammation begins), our blood, our cells, all our organs, and, ultimately, our Vitality.

We have all heard sayings like "follow your heart," "heart's desire," and questions such as, "What does your heart say?" Could there be more to these sayings? In 1991 a profound discovery in Montreal revealed brain-like cells in the heart, called "sensory neurites" — forty thousand of them, in fact. In other words, there is a brain in the heart. It is now referred to as "the little brain in the heart." This discovery inspired a mountain of research led by the HeartMath Institute, which has studied the role of the heart in the body, the heart-brain connection, the heart-brain-gut connection, the magnetic field of the heart and the brain, how heart rate variability affects bodily functions like the

immune system, the role of our emotions, and so much more.

Researchers there discovered that the “heart brain” acts independent of the head brain, but they communicate. The head brain is the programmed intellect — what we pick up from life experience, parents, education, peers, books, TV, the news, etc. The heart´s intelligence is independent. Intriguingly, most of the communications travel from the heart brain to the head brain, not the other way around. **This begs the question: Where does the heart get its intelligence from?** This will be revealed in Chapter 12, Going Quantum. The heart's intelligence forms part of what we know of as our intuition (together with the gut brain), and the heart´s intelligence is unfiltered. This means it does not get processed via the head brain first. Isn’t that fascinating?

The heart brain contains memory. There are true anecdotal stories about people who have undergone a heart transplant, received a heart from a deceased person, and formed new memories, habits, and even addictions to foods they never used to like. There is one famous story of the murder of an 8-year-old girl.[64] The person who received the heart of the murdered little girl had repeated nightmares of being murdered. Their nightmares became so vivid that the person, after seeing various professionals, went to the police where artists created impressions of the descriptions of the dreams. These artist impressions were put out into the public eye as a “Wanted” advertisement. Finally, the murderer stepped forward and handed himself in. Quite an extreme example, but mind blowing, right? The heart holds memory, and is, in itself, a brain.

Knowing about the heart’s intelligence, scientifically, helps to take the ‘woo-woo’ out of things we think of as ‘spirituality,’ and to find meaning to the sayings we hear about the heart as a guidance organ.

The more we tune into the heart, the more we can follow our heart, and the more we get to be guided by our heart. We get to also sense false information immediately — without having to do any form of research. It's like your own internal “BS meter.” I also believe that the more we create coherence between the heart and the brain, the less we stress, and the more balanced and harmonious we are. Connect to your heart, feel the emotions of love, appreciation, gratitude, joy, and love, and feel not only your body improving, and KNOW that your immune system is upgrading.

HeartMath Science

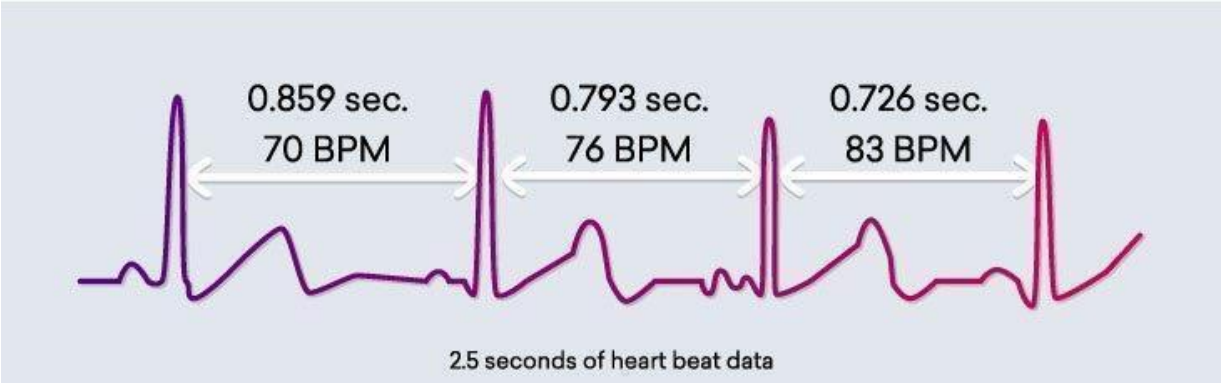
I want to credit this whole section to Heartmath.com, where they have extensively researched communication between the heart and brain. HeartMath research has demonstrated that different patterns of heart activity (which accompany different emotional states) affect mental and emotional functions in unique ways. For example, when a person experiences stress and negative emotions, the Heart Rate Variability (HRV) is disordered and becomes erratic. This can cause a pattern of powerful, confused neural signals from the heart to the head brain that prevents higher mental/cognitive functions.

Such strong heart signals to the head brain can inhibit our ability to think clearly, concentrate, recall, learn, reason, and make sound decisions. In other words, it is easy to recognize that under stress, acting just on heart impulses before they are processed by the head brain can cause major problems — something we can all relate to, right? Also, during strong negative emotions, the effect of the heart brain´s signal to the head brain can cause a wilder, more uncontrollable emotional reaction — to add insult to injury!

On the other hand, when a person is experiencing positive emotions, the HRV becomes more orderly, and this positively impacts brain functions that enhances cognitive/mental performance and stimulates emotional stability, reinforcing positive feelings, how we think, perceive, feel, and perform. This also positively impacts the entire body, improving immune markers and many biological functions.

Your Heart's Irregular Rhythm

Scientists now know that the rhythm of a healthy heart is irregular, even when at rest, with the time interval between consecutive heartbeats changing constantly. This beat-to-beat variation is called Heart Rate Variability (HRV).



Source: https://www.heartmath.com/science/

> "The normal variability in heart rate is due to the synergistic action of the two branches of the autonomic nervous system (ANS) — the part of the nervous system that regulates most of the body's internal functions. The sympathetic nerves act to accelerate heart rate, while the parasympathetic (vagus) nerves slow it down. The sympathetic (stress or fight-or-flight response), and parasympathetic (relax, regenerate, repair) branches of the ANS are always interacting to maintain cardiovascular activity in its optimal range and to permit appropriate reactions to changing external and internal conditions" (Heartmath.com). HRV therefore is a useful indicator as to the function and balance of the ANS.

Why Is HRV Important?

HRV is an important indicator of health and fitness. As a marker of resilience, physiologically, it suggests our ability

to be able to adapt well to stress and external demands.

HRV is also a measure of aging, higher when we are young, and lessor as we age. Even though HRV declines with age, naturally, an abnormally low HRV for a certain age group is correlated with an increased risk of future health problems and premature death. Individuals with a wide range of diseases and disorders exhibit Low HRV.

> "By reducing stress-induced wear and tear on the nervous system and facilitating the body's natural regenerative processes, regular practice of HeartMath heart & brain coherence techniques can help restore low HRV to healthy values."

Creating Heart & Brain Coherence is what I call a "supercharged" meditation, which you can download for free, at: vitalitysecret.com/heartbrain.

Heart Rhythm Patterns and Emotions

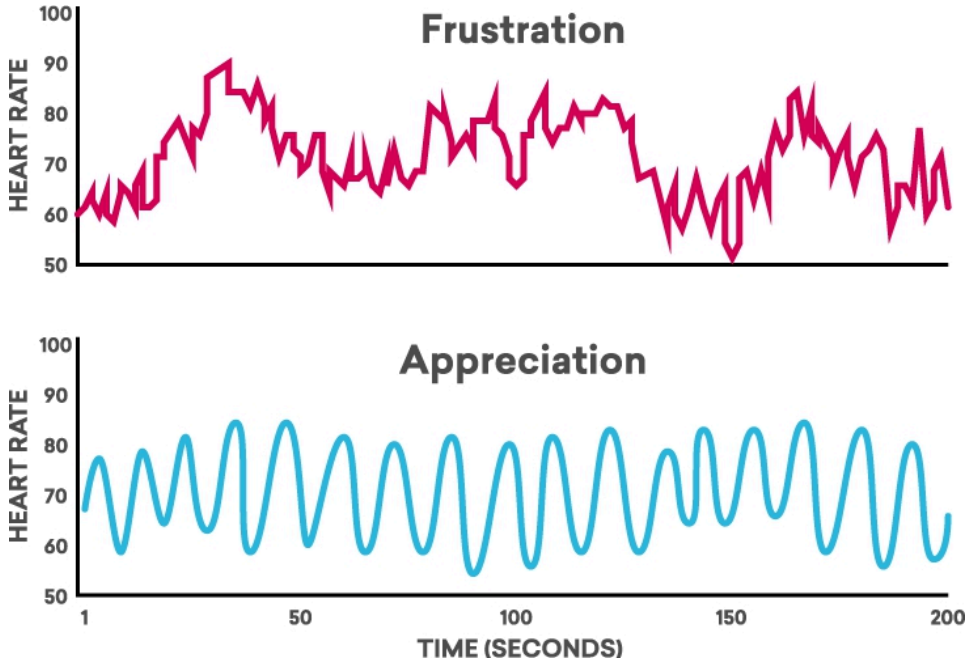
"Many factors affect the activity of the ANS, and therefore influence HRV. These include our breathing patterns, physical exercise, and even our thoughts. **Research at the HeartMath Institute has shown that one of the most powerful factors that affect our heart's changing rhythm is our feelings and emotions.** When our varying heart rate is plotted over time, the overall shape of the waveform produced is called the heart rhythm pattern. HeartMath research has found that the emotions we experience directly affect our heart rhythm pattern – and this, in turn, tells us much about how our body is functioning.

> "In general, emotional stress – including emotions such as anger, frustration, and anxiety — gives rise to heart rhythm patterns that appear irregular and erratic: The HRV waveform looks like a series of uneven, jagged peaks (see example in the figure below). This is an incoherent heart rhythm pattern and indicates that the signals produced by the two branches of the ANS are out of sync with each other. This can be likened to driving a car with one foot on the gas pedal (the sympathetic nervous system) and the other on the brake (the parasympathetic nervous system) at the same time – this creates a jerky ride, burns more gas, and isn't great for your car, either!"

Incoherent patterns associated with stressful emotions can cause our body to operate inefficiently, deplete our energy, and produce extra wear and tear on our whole system. This is especially true if stress and negative emotions are experienced for extended periods of time.

> “In contrast, positive emotions send a very different signal throughout our body. When we experience uplifting emotions such as appreciation, joy, care, and love, our heart rhythm pattern becomes highly ordered, looking like a smooth, harmonious wave (an example is shown in the second figure below). This is called a coherent heart rhythm pattern. This indicates that the two branches of the autonomic nervous system (ANS) are synchronized, and the body’s systems operate with increased efficiency and harmony.”

When we feel good and experience positive emotions, we are actually helping our body's systems to synchronize and function more optimally. It’s no wonder positive emotions feel so good! Can you see how this ties in with The Honeymoon Effect, as illustrated by Dr. Bruce Lipton?



Source: https://www.heartmath.com/science/

The graphs above show real-time examples of HRV patterns (Heart Rhythm Variation) recorded from individuals who were experiencing different emotions.

A State of Optimal Function: Coherence

Sustained positive emotions lead to change in your biology, a state that is scientifically measurable, called psychophysiological coherence. There is increased order and harmony (coherence) in both our psychological (mental and emotional) and physiological (bodily) functions.

When two branches of the ANS are in sync with one another, there is more autonomic balance toward increased parasympathetic activity (relaxation, repair, healing). There is also increased *"physiological entrainment"* — simply, various bodily systems become in sync with the rhythm of the heart. This also increases synchronization between activity of the heart and brain.

The Role of Breathing

One can create a coherent HRV by simply breathing steadily and regularly at a 10-second rhythm (5 seconds on the in-breath and 5 seconds on the out-breath). Rhythmic breathing like this takes us out of a stressful state and into a relaxed state.

HeartMath tools focus on the combination of heart-focused breathing combined with an elevated emotion. (Dr. Joe Dispenza incorporates heart and brain coherence in most of his meditations, as discussed in Chapter 12, Going Quantum.)

The intentional experience of a high-frequency emotion is key to the effectiveness of the technique.

This heart-and-brain coherence leads to increased access to intuition (on demand) and creativity, improved mental performance, and enhanced hormonal balance and immune function!

How to Create Heart & Brain Coherence

I have some guided meditations for you on my website. With such meditations, your immune system can be strengthened for up to six hours, and you can create a healing environment in your body and **access your intuition on demand. When you get good at this, you'll be able to access a higher level of consciousness, receive insights and ideas, and be able to tell fact from fiction in an instant, and more.**

For a more complete explanation on the science and how to create Heart & Brain Coherence, please go to VitalitySecret.com/heartbrain

You Are the Placebo

"It is scientifically proven that the body can heal through thought alone."

— Dr. Joe Dispenza

Separate yourself from the identity of your symptoms and signal new genes in new ways. Dr. Joe Dispenza wrote *You Are the Placebo*, a *New York Times* Bestseller about how you can heal your body through thought. Here, I'd like to elaborate more on the mind-body connection, and the power you have to heal yourself by changing your thoughts and beliefs. We will discuss:

- The power of the subconscious mind
- Disassociating yourself from the identity of symptoms
- Being appreciative for the symptom
- Your brain, the chemist

"Whether you believe you can or you can't, you're right."

— Henry Ford

When we have beliefs of “I don’t deserve X,” or “I can’t do X,” or “I have Symptom X," our subconscious will be programmed to reflect those beliefs, which will be reflected in our physical body and our world around us. My dad used to say something to the effect of, “Don’t say you can’t do anything, or you’ll believe it. Tell yourself *you can do it*.” It was normally around school and university studies, but it’s stuck with me, and it always rung true for me. It's amazing what a letter can do to a word to change the whole meaning of a sentence or belief: “I *can’t* pass this exam” versus “I *can* pass this exam” can literally be the make-or-break word in a belief reflected in our inner — and even our outer — world. Given the subconscious mind is responsible for about 95% of decision making, we must be mindful of the words we speak to ourselves. A belief is really no more than a thought we continue to think —

“Give someone who has faith in you a placebo and call it a hair growing pill, anti-nausea pill, or whatever, and you will be amazed at how many respond to your therapy.”

— Bernie Siegel

I always suggest that my clients remove themselves from the name of the symptom they’re experiencing. There is a phrase in neuroscience that Dr. Joe Dispenza often quotes, which says, *“Nerve cells that fire together, wire together”* or *“Neurons that fire together, wire together.”* If I talk day in and day out of having eczema, it becomes an identity.

It is unhelpful to identify with our problems, and not productive, nor conducive to healing. Even “#fuck cancer," a particularly popular hashtag used by those who experience cancer, despite its well-intended use, is a destructive statement that creates more resistance around the very thing from which you want to heal. The six-year-old

son of Nicola Corcoran (a woman featured on my podcast who recovered from cancer holistically) said to her, “Don’t get angry with your tumor — you’ll make it worse!” Her son was extremely intuitive. Kids can be so smart!

When we separate ourselves from the identity of the symptoms we are experiencing, we actually start to allow the body to heal. It sounds counterintuitive — but it works!

Instead, with a recurring symptom, remove yourself from identifying with the symptom, and instead use words like, “I am experiencing the symptom of X." You are not the symptom, and it doesn’t belong to you, nor do you belong to it. In that state, you are the victim of that symptom, a disempowered state. That slight distinction is profoundly powerful. In my case, eczema itself used to cause me stress. I would now ask, “What is this symptom communicating with me? Thank you, symptom X, for telling me something about my body being out of balance. Now, what is it, and what can I do to bring my body back to balance?”

That is an empowered way of thinking. We might otherwise believe we are at the mercy of our genes. Understanding the mechanics of the placebo effect really helped to solidify this in my mind, and I hope it does for you, too.

We are more powerful than we realize. We can quite literally influence our genes by how we think and how we feel. Our beliefs, our emotions, and our perceptions affect our gene expression. Welcome to Vitality 2.0 — Change your beliefs, change your biology. Flip the nocebo. Use the placebo to your advantage!

In the next section, we are going to take the mind-body connection to a whole new level: Stepping into The Quantum.

CHAPTER 12

GOING QUANTUM

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

— Nicola Tesla

Becoming Superhuman

I am excited to bring this chapter to you, the most freeing chapter of this whole book.

We are living in truly revolutionary times as science (actual science) is catching up with some of the fundamentals of spirituality. It is becoming increasingly well-known that we have what can only be described as superhuman powers. One of those fundamentals is that we are all, quite literally, connected with energy. We are literally all one. The next section will reveal what is known as “quantum entanglement” in detail. Here, we will cover:

- Understanding energy
- Experience your energy field
- Remind yourself of the power of breathwork
- Combine breathwork and energy exercise

Here, I intend to give you a glimpse into your energy body.

Earlier in this book, I mentioned watching a documentary of children in India doing some tricks blindfolded that would normally require eyes, like reading from a book, playing visual games, picking out colors from selections of colors presented to them. Several years later, as mentioned in Breathe To Detoxify, I watched a documentary called Superhuman that featured a company that was teaching everyday people to “see” with their consciousness, aka their third eye. They were playing sports, reading, driving go-karts all blindfolded. And then, as part of a manifestation mastermind group I’m in, we were introduced to the director of the documentary. Within weeks, we had the company featured in the documentary who are training everyday people how to do this, on the mastermind group call. They invited us to a workshop in which they introduced us to some powerful breathwork exercises that enabled us to really tune into our energy body.

It didn’t come as a surprise to me that their teachings started with breathwork, as you can create an altered state of consciousness through breath, such as with the Wim Hof Breathing that I discussed in Chapter 5, Breath Of Life. I had a profound experience and later hosted a webinar with them to about 140 people. Seeing with your third eye is also referred to as remote viewing. The CIA have employees who can do this. It is considered a truly abnormal gift that very few people in the world will be able to do, yet people are learning these skills now. They are repeatable. They are teachable. Understanding how we are energy beings is now opening many doors that might have even been closed to us for centuries.

I also discovered that people can learn to heal themselves and others (including from symptoms of Covid) by understanding one fundamental principle: We are mostly

energy. This is not on their website. But this is how I see their success — It starts with breath and understanding energy.

“Everything must be based on a simple idea. Once we have finally discovered it, it will be so compelling, so beautiful, that we will say to one another: ‘Yes, how could it have been any different?’”

— John Archibald Wheeler (1911-20008), American theoretical physicist

At the end of 2019, I attended an eight-week energy course hosted by Mindvalley, a wonderful “university” of teachings that advances you through the limits of conventional thinking and into a revolutionary way of approaching many aspects of life. The creator, Vishen Lakhiani, *New York Times* bestselling author of *Code Of The Extraordinary Mind*, discusses “bending reality." Mindvalley curates the world’s best content and pioneers on human transformation, with ten million students worldwide. Two skills I learned during this energy course, which was created by Jeffrey Allen, were how to tune into your own energy field, and how to heal yourself and others with energy. I was already familiar with the “energy ball” exercise I'm about to describe, but I learned to do much more with it.

Jeffrey Allen taught me some powerful techniques that opened up new doors for me and built on what I had previously researched in this field. During this course, I met a lovely lady (this is how I do online dating!). She had been suffering for thirteen years from a health condition called endometriosis, which caused her much pain during her monthly cycles. One day, we decided to put into practice what we had learned, and I did some energy healing on her with my hands. She also activated *kundalini* energy in her body in a way I won't describe here. A few days later her

mother called her and said, “I’ve just had a mother-daughter intuition that you’ve been healed.” The following month, she had no pain, which continued for five months. You might wonder why it wasn’t permanent. I’ve come to realize that even energy work doesn’t always get to the energetic cause. It might require a deeper dive to get to the ultimate cause.

Following this, I decided to offer energy healing to a handful of close friends of mine in L.A. While nothing as profound as the first example has occurred since then, I have managed to help a few people alleviate pain. Very basic stuff, but it’s enough to spark my curiosity and to entice me into wanting to indulge in learning more. When I do it, I can feel pulsating energy in the palms of my hands. It's a very cool feeling.

I returned from an advanced Dr. Joe Dispenza retreat in Cancun. Among many profound teachings and experiences, and witnessing what many would describe as miracles, we were involved with group coherence healings. As per The HeartMath science, we witnessed what happened to our electromagnetic fields when we were collectively in a coherent state. We were divided into groups of eight and carried out healing on those who had volunteered to receive it. The process was meticulously carried out, and Dr. Joe guided us into getting into a coherent heart state. In other words, we tuned into the frequency of love and directed that energy using our hands onto the person. I felt the sensation of pulsating energy on the palms of my hands again and later spoke with one of the “healed,” who spoke of near-miraculous transformations in her health. My life will never be the same. Our bodies are more powerful than we have ever been allowed to believe. We can heal ourselves through thought alone, with energy and with one another.

In 2017, I spent a weekend with a few friends in Northern California and worked with one of the most incredible

energy healers I have met to date. She induced a significant reaction in me that caused my body to shake (trauma release). She also healed a friend of mine in England, via me as a surrogate, when I was in California! I know this is anecdotal, but I hope by now you've learned to trust me enough to at least consider what I am saying.

Have you ever felt your own energy field? I encourage you to start to tune into your "energy body." One fast way to do this is to feel the energy between your hands. You can do this immediately, or after a breathwork exercise.

Exercise 1: Feel Your Energy Ball exercise

1. Sit up straight, hold your hands about six inches apart, facing one another with a slight curve in your hands.
2. Close your eyes. For a minute or two, just hold your hands there, and tune into any feelings you have on your hands. You might feel heat, you might feel more. You might want to generate heat by rubbing your hands together. This does make it a little easier.
3. Start to move your hands very slowly towards one another, and then apart, just by a few inches.
4. Next, rotate one hand ever so slightly a few degrees one direction, the other hand in the other direction, with very small movements, as if there is a ball between your hands.
5. Now, move your hands slowly toward each other and apart, with this slight rotation of your hands, as if there is an energy ball between your hands.

6. You might experience a repelling force as you bring your hands towards one another. This is energy. This is you, experiencing your own energy field.

I filmed a video for you that might help, that demonstrates how to sense your own energy here: VitalitySecret.com/energy.

Exercise 2. Energy Ball Exercise After Wim Hof Breathing

After three or four rounds of breathing, you'll likely feel, in the words of Wim Hof, "high on your own supply," providing you've followed the instructions. If it was too easy, I suggest doing a more advanced practice. Note: Musicians, particularly those who play wind or brass instruments will be able to do this naturally for longer and will need to hold their breath for longer.

Notice how your body feels. Notice your mind. Notice the peace you feel. Notice any visions behind your eyelids. See if you can surrender thought for a moment.

And then, I invite you to do the Energy Ball exercise above. It might be easier to feel the energy.

Exercise 3. More Breathwork

Watch a short podcast interview with Nate, founder of The White Dove Method, formerly Vibravision at vitalitysecret.com/energy.

and do the breathwork exercises. Hear their story, and how they are helping people to see with their consciousness (remote view), and how to heal themselves, including with symptoms of Covid (making no claims, of course).

Knowing that you are energy can help reshape how you look at your body and your life. Go to VitalitySecret.com/energy to expand your knowledge in this field.

Tying It All Together — Quite Literally

You have learned about the frequency of emotions. You have learned about Heart & Brain Coherence and how the emotions of love induce a very different concoction of chemicals in the body compared with the chemicals of fear or stress.

I invite you back to physics lessons in school. Do you remember learning that everything is energy? You might recall that whether it's a solid, liquid, or gas, everything is vibrating and everything is energy – when you zoom in enough at the subatomic level.

When you zoom in enough on a human being, you realize we are made up of a giant cluster of cells – around 50-100 trillion cells. And in each cell contains a DNA and, in each DNA, contains atoms. In each atom there are protons, neutrons, and electrons – and 99.999999 % empty space! What is actually happening is that each of the protons, neutrons, and electrons are vibrating at a frequency. So, when we zoom in enough on the human body, we are quite literally vibrational beings of electrical energy.

Every organ in the body has a different frequency. The brain has a different frequency from the heart. This is why frequency medicine, as per the likes of Royal Raymond Rife in the 1940s in healing cancer, works. Simply put, we are vibrational beings – and every thought, every emotion, every feeling, every sound we make or hear or smell we smell is a vibration. When we see, hear, smell, taste, and touch through our five senses, we are responding to, or translating with our brains, is a vibration.

Dr. Joe Dispenza, a researcher in the field of quantum physics and neuroscience, and the bestselling author of many books, including *Becoming Supernatural*, says that ***all disease is a result of the lowering of frequency***. We have an electrical body, and **everything** is energy! If one is wanting to reverse an illness, one of the most imperative components to their healing journey is to raise their frequency. I use frequency, vibration, and energy interchangeably, although they are not actually the same.

The Unified Field

It is now known beyond doubt that there is an energetic force that connects us all. Science refers to this invisible field as 'entanglement,' and it is also referred to as a "Unified Field." A fundamental principle of spirituality is oneness. In other words, we are all one, we are all connected —

"All matter originates and exists only by virtue
of a force . . .
We must assume behind this force the
existence of a conscious and intelligent Mind.
This Mind is the matrix of all matter."

— Max Planck (1858-1947), German physicist

No matter your spiritual or religious beliefs, it is obvious that some form of supreme intelligence, or creative force, is behind our creation. Some form of intelligence enables a sperm and an egg to become a baby. This applies to every living thing on the planet. How does each plant have its own unique form? What makes them turn to the sun or away from the sun? How do birds fly in perfect unison?

Twenty years ago, I was studying at Brighton University on the south coast of England. We would be mesmerized by the way the starlings would perform a flying phenomenon known as *murmuration*. They would fly in perfect formation,

creating many complete, perfect shapes, as if they were performing for us. How do birds fly in perfect V-Shape formation when they migrate? Universal geometry and fractal patterns indicate that a form of guiding intelligence exists behind all of creation.

The Split Photon Experiment

In 1997, a groundbreaking event proved that a controlling "field" must exist. More than 3,400 journalists across 40 countries reported on the findings of this experiment in Geneva. Split photons (light particles) were placed in a fiber optic tube and fired apart from each other over a distance of 7 miles. Once they reached their destination, 14 miles apart, they were forced to "choose" between a number of random routes. What made this mind-boggling is that every time the twin particles reached a place where they had to follow a certain course, or another one, without fail they both chose exactly the same path each time, and the results were identical every time the experiment was conducted — AND there was no time lag (Gregg Braden, *The Divine Matrix*, 2009).

The two photons were energetically or electrically connected. Quantum physics commonly refers to this as "quantum entanglement." In plain sight, they appear disconnected, but at a quantum level, they are connected. Conventional wisdom determines that the twins are separate, with no apparent communication between them. Yet they *act as if* they're still connected. The lead researcher, Nicholas Gisin, explained, *"What is fascinating is that entangled photons (light particles) form one and the same object. Even when the twin photos are separated geographically, if one of them is modified, the other photon automatically undergoes the same change."*

Einstein referred to this phenomenon (long before this experiment took place in 1997) as "*spooky action at a*

distance.”

This is significant because it proved that once something is joined, it is *always* connected. (Side Note: Do you know any twins, and understand how they are connected? It is understood in the world of physics that the universe was created with a colossal release of energy. This incompressible explosion was coined the “Big Bang” by the astronomer Fred Hoyle, who had actually used the term to mock the findings — but it stuck, because research showed that this was the probable beginning of our universe. How this has been done is far beyond my comprehension, but researchers have calculated that fractions of a second before the explosion, the universe was considerably smaller. In fact, it’s estimated that with all the 99.9% of “empty” space removed that we see today, at the time it might have been about the size of one single, incredibly dense green pea!)

As it exploded, that single pea created patterns of energy that can be observed today. Examples are fractal patterns you see on leaves, trees, snail shells, seashells, and weather storms. Simulations of this are mesmerizing. The Fibonacci sequence is also one of those phenomena of universal geometry present throughout nature, and us, too, including our DNA. It is so magical that it is used for mathematical modeling and in all kinds of ancient structures and creations.

Back to the light particles — assuming the Big Bang theory is correct, all light particles are connected, and, ultimately, everything in the universe is made up of light particles. We can therefore deduce that we are all connected because we all came from that original, single pea. That’s my simplified explanation of quantum entanglement and the Big Bang!

Since we are all interconnected at the quantum level, and everything is energy, including our thoughts and our emotions, it starts to become clear how we can influence the health of our bodies — and beyond — with our thoughts and our emotions.

This also explains how distance healing is done, which I have experienced myself on many occasions. A revolutionary project underway at HeartMath is called The Global Coherence Initiative. When there are large groups in a coherent state, whether they are in heart and brain coherence (as directed by HeartMath) or in meditation or prayer, the frequency of locations varies, and even the frequency of the Earth can change. It's not just HeartMath — we can observe the frequency of the Earth, known as The Schumann Resonance, on any global meditation day, and witness with our own eyes what happens.

(see https://geocenter.info/en/monitoring/schumann).

Scientific studies have shown that meditation reduces inflammation in the body. Meditation can alleviate pain, headaches, and migraines. Science has shown that new information appears in blood during meditation, and, somehow, our genes and DNA receive a kind of upgrade. Dr. Joe Dispenza is an authority in this field with data and scientific studies to prove the effects of meditation on our biology.

I recommend a daily meditation practice. Go to the link below to learn more about meditation and for recommendations of meditation practices and medication hacks that are easiest to start with.

VitalitySecret.com/energy

Bridging Science & Spirituality

“I think science and spirituality are one and the same,
I don´t think they’re really different . . .
quantum physics is validating all kinds of spiritual teachings.”

— Jennifer Beals, author

Quantum entanglement explains how remote healing is done, how we intuit when someone is going to call us, mother-daughter intuition, twins´ connectedness, serendipity, synchronicities, and much more. The piece that is harder to prove scientifically is that there exists a form of Intelligence, a field of energy, behind our creation that continuously flows through us. And, importantly, we can influence it.

If you now understand, as I do, that we can heal ourselves and one another with energy, that meditation creates a healing environment in the body, that we can reverse illness with thought alone, and something possibly even more empowering, that we can influence our lives external to our bodies by understanding energy — why don't we all know this? It's not as if we have suddenly developed these abilities as humans. For me, the discovery of lost, or suppressed, teachings were a colossal epiphany. It helps to be investigative.

Here we are going to cover:

- How my religious upbringing opened doors for me, although I chose another path
- Spiritual teachings
- The Gospel of Thomas AND the Gospel of Mary
- When spiritual teachings, ageless wisdom, and quantum teachings all say the same thing, is it time to pay attention?

When science and quantum physics evaluate fundamental principles of spirituality, it makes the game of Health and Vitality, and Life, considerably more interesting — and fun. Before I dive into them, I want to set the scene with my own exposure to spirituality in the form of a religion, and why I chose not to follow that path from my later teenage years. At the same time, I was always curious and open.

My Christian upbringing instilled in me some valuable ways to live. I went to a Christian primary school, Sunday School, and a youth group alongside Church, until the age of 18. In my teenage years, the youth group was a brilliant way to make friends and form relationships outside of school. Many of those friends are still close friends today.

The social scene was excellent. We went on wonderful sporting holidays and there was regular entertainment. I enjoyed this part of it very much, and to this day I know it benefited me, and I'm grateful for this as part of my upbringing.

In terms of what I was being taught in the Church, I was never wholly sold on it. I found most of the stories in the Bible difficult to believe, and I identified an undertone that I was never able to put my finger on, until very recent years. In Church or in Bible Study, my brain switched off and my concentration waned in a heartbeat. Something did not feel good about it, so I chose not to continue, despite the love I felt among my friends and leaders in the church. I was not able to determine what was amiss until recent years.

Despite my questioning of the Bible stories, I was always open to there being a force, some sort of "God-like" force. I would say this was an inner 'knowing' that we're more than just flesh and bones and sophisticated "meat robots." I was never convinced that when we die, that's it, and I wasn't sold on there being a judgmental God. I was — and am —

always curious and open. I just was not convinced about those teachings.

I believe now I have figured out why I had those feelings, and why I was always curious about there being more to life than what meets the eye.

A Governing Law

Do you know people in your life who seem to attract good things all the time, and appear to have the Midas touch? It's almost like nothing can go wrong for them. They tend to be positive, playful, don't take life too seriously, nor get stressed easily, might be regarded as "chilled out" and described as having "high vibes." They bring smiles to people's faces and change the energy in the room for the better when they enter a room, and they more often than not have a smile on their face. They radiate Vitality. They're outgoing and appear to love life. A critical onlooker might say "They're just lucky." On the other end of the scale, you might know someone who appears to be negative, they're in a never-ending spiral of victimhood, are often complaining and talking about their problems. They tend to attract negative events and people to themselves continuously and are often sick.

The Self-Reflective Universe

"That which is likened to itself is drawn."

— Abraham Hicks

You can likely relate to the concept of 'like attracts like.' It might seem like chance until we start to understand the fundamental laws of the universe (there are many) and ultimately how energy works. It becomes evident why some thrive and why others do not. You might know people who fit both ends of this scale, and a lot of us linger somewhere in between, depending on which areas of our lives we´re

focusing on. It's important to repeat a quote I used about a few pages earlier —

> *"Everything must be based on a simple idea. Once we have finally discovered it, it will be so compelling, so beautiful, that we will say to one another, 'Yes, how could it have been any different?'"*
>
> — John Wheeler (1911-2008), American theoretical physicist

When teachings from renowned quantum physicists, cell biologists, scientists, and spiritual teachers, as well as **unedited** ancient scriptures, are all saying the same thing, *isn't it time to start paying attention?!!!*

Lost/Suppressed Teachings

Like many sections and chapters of this book, an entire book can be written on this topic. I want to bring to you the most poignant aspects that resonated with me the most and provided me with more epiphanies. I hope these summaries will do the same for you.

Quantum physics has shown how we are interconnected, woven together in a web of energy.

If we can influence our bodies and lives by understanding the Law of Attraction, wouldn't it be useful to determine whether this evidence was in ancient scriptures?

As it happens, it appears as though it was in the Bible. It was just in the ***unedited*** version and, although the same term is not used, the teachings correlate. You might have heard of *The Gospel of Thomas*. Sometimes it is referred to as "The Hidden Gospel of Thomas." (I want to credit this section to Gregg Braden, author of *The Divine Matrix* and *The God Code* (and many other pioneering bestselling books), who initially brought this to my attention in the form of a talk he gave in Milan, Italy, in 2007. It inspired me to further research into *The Gospel of Thomas*[65] and more

recently, *The Gospel of Mary Magdalene*. Braden´s talk gave me a huge epiphany.)

In 1945, there was a significant discovery. Some original transcripts of the Bible were found, some of which are held at the Nag Hammadi Library in Cairo, Egypt. *The Gospel of Thomas* is a book that is believed by scholars to contain actual words of Jesus as he was teaching those around him how to use the power of emotion and how we could all heal ourselves and one another. Another poignant codex was *The Gospel of Mary Magdalene*. Both are extremely powerful texts. They paint a very different picture compared to what we are familiar with.

In the Western tradition, the Christian tradition, there was a time when the language of emotion was in our texts — until the 4th century.

In the year 325 AD, our ancient texts were edited, and we lost vital, human-empowering information. It is claimed among historians concerning the earlier Christian Church, relating to the scriptures of the early Christian Bible, that Emperor Constantine had to decide about what was kept and what was removed from the Bible. It was at the Council of Nicaea in 325 AD.

Forty-five books were apparently removed or significantly edited. Have you ever wondered why there are no books written by women? There were women in those times! The Gospel of Mary Magdalene is quite the eye opener — and it was removed, apparently by Constantine. The ancient transcripts, including the Dead Sea Scrolls, are being recovered and held in museums around the world for all to see.

The Gospel of Thomas suggests that we lost the information that informs us of the language of the quantum — the language that speaks of the concepts of the field. The

original, unedited version reveals that everything in the universe is connected.

When we understand that our power comes from within, we can live truly empowered — that is, empowered to heal not only our own physical bodies and others', but also to influence our life experience in general, as well as considerably more.

We can create *with* energy, and *from* energy. In the words of Abraham Hicks (a "*Collective Consciousness"* channeled by a woman called Esther Hicks, started in 1985), we can become deliberate creators or co-creators with our "inner beings," the non-physical part of us (also termed by many as our *souls*).

Verses 48 and 106 of *The Gospel 0f Thomas*

To experience the force of The Divine Matrix (according to Gregg Braden, that is the name of "the container that holds the universe, the bridge between all things, and the mirror that shows us what we have created"), we must know the language that the Divine Matrix speaks. What did Jesus and the Great Masters say about this same language? Pre-Christian traditions teach us that there is a field of energy and that we have the language to communicate with that field.

The Feeling Is the Prayer

Some 300 years after the time of Jesus, Buddhist monasteries in Tibet taught us that the feeling is the prayer, and we must feel the feeling as if our prayers are already answered. The instructions lie within these texts:

> The Gospel of Thomas, verse 106, translated from the Nag Hammadi Library — "When you make the thought and emotion one, you will say to the mountain, 'Mountain, Move Away,' and the mountain will move away."

This implies that when you marry your thoughts and emotions into one single potent force, you have the power

to speak to the quantum field and the world (including your own body). When emotion and thought become one in our hearts, we create the feelings in our bodies, and we change our energy. This is then reflected back to us by the self-reflecting universe.

Verse 48 (says almost the same thing):

"If the two make peace with each other in one house (your body) — you will say to the mountain 'move away' and it will move away."

This is accentuating the importance of marrying thought and emotion.

In the early Christian Bible, it was taught: "Ask, and ye shall receive."

This might be considered as asking to be done from a place of lack. If we live in a self-reflective universe, the universe will reflect that lack back to us.

Braden: "We must speak to it in a language that the Divine Matrix recognizes. When you create the feeling in your heart as if your prayer is already answered, that is what creates the electromagnetic waves that bring that to you."

In the King James Version, John 16: 23, 24, what we have is the condensed, edited version:

"Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full."[66]

Two very important statements were removed that tell us how to ask —

1. "All things that you ask straightly, directly, from inside my name, you will be given. So far, you have not done this."

Braden explains: "If we ask with our voice, we have not done this."

2. "Ask without hidden motive and be surrounded by your answer. Be enveloped in what you desire that your gladness be full."[67]

This implies to feel **AS IF** your answer has already happened — Be *enveloped*.

In other words, when our thoughts and our emotions become one — we can become one, and that is the language that the field recognizes. And we

must not be attached to the outcome — that is key.

Braden emphasizes: “Ask without a hidden motive. Ask without judgment. This is what the Buddhists are telling me. No good or bad. Ask without the ego. Ask from the heart.” To be surrounded means to feel ***as if***.

Braden referred to a video I´ve seen him present a number of times of a woman being healed of a bladder cancer in three minutes in a medicine-less hospital in China. I paraphrase: “The healers felt the feeling as if she was already healed. The chant was “already done” — now, now, now, now in the Quantum World. The body responded. The physical body must react to the language the field understands, to be surrounded by the reality requested. When I attended an Advanced Retreat hosted by Dr. Joe Dispenza, attendees, attendees implemented these quantum principles, and many experienced results similar to the woman with bladder cancer. In other words, people achieved spontaneous and near-on spontaneous remissions. Go to VitalitySecret.com/energy to see an interview with a fellow graduate who reversed a number of conditions, and get a feel from us, about the experience, and to view posts I have written from each day of attendance.

The key is to feel as if the prayers are already answered, feeling that the desired, requested results now exist.

The Gospel of Thomas represents our connection to consciousness and that we are all connected. If people do not understand this, they consider themselves as alone, separate from one another, and not with any power to manifest with energy. I once heard that the illusion of separateness is what creates all suffering. It leads to a world of competition and conflict, rather than collaboration and co-creation.

At the time of completing the third round of edits for this book, I had just returned from the south of France from a serendipitous pilgrimage and exploration of historical sights

of Mary Magdalene. It was not a planned trip. I was led there, I surrendered — I was *following the guiding breadcrumbs of the spirit*. It was a profound trip, as it helped to clarify even deeper why we do not know these fundamental principles of being human, the beautiful gifts and power we all have to heal and manifest — and much more, like The Gospel of Thomas, The Gospel of Mary Magdalene was among the Gnostic Gospels and codices found in 1945.

Now, “Gnosis” is loosely translated as wisdom or knowledge. However, the word Gnosis carries a much deeper meaning.

Gnosis means *Inner Knowing*. It is profound or mystical Knowledge attained through personal insight and revelation. As you´ll hear in an interview with Terry Tillman (on The Vitality Secret Podcast), who reversed a spinal cord injury and declining eyesight with quantum principles, he had an *inner knowing* that he could heal himself. And he did and is thriving at 80 years old. He fired every doctor who told him he would never walk again. He knew innately that his body was designed to heal. I had such an inner knowing that my father´s stroke was avoidable. I had such an inner knowing that my three friends who died from cancer in 2015 did not have to die. I had such an inner knowing that there was something amiss with the foundations of Western Medicine. Our inner knowing is not from the head brain and programmed intellect — it is from another brain, the heart brain, and/or the gut brain. As you´ll have seen in the HeartMath section, this brain acts independently from the head brain.

Gnosis might occur with an epiphany (a truth-revealing "Aha!" moment), hence my four epiphanies in Chapter 1, through which we become elevated to a higher level of mind, a spiritual plane. At this level, we are able to

understand, access, and channel through ourselves the highest levels of Divine Truth.

Back to the Gnostic Gospels — it would appear that Emperor Constantine in 325 AD suppressed significant and fundamental teachings for living an empowered, joyful life connected to, and interwoven with, love. Not only that, but this was an event in history that played a significant part in the suppression of women and the Divine Feminine.

My understanding is that Mary Magdalene was a truly remarkable human who understood and lived the same principles that Jesus was teaching, more so than any of the apostles. These are universal laws and teachings we can all learn and implement. What if we can all do what Jesus was doing? That would clarify a lot of things. Have you ever had an inner knowing that you are more gifted than you believe yourself to be? As I write the word *Jesus* in this book on health and Vitality, I surprise myself. I am not “religious.” I have just become fascinated with suppressed teachings due to my innate intelligence that we all are more gifted and powerful than we have believed ourselves to be.

It appears that Mary was a very special woman in Jesus's life. Yet the Pope declared her a prostitute in 591, when there was no direct reference in any of the gospels of her being so. Thankfully, in 1969 the Catholic Church repealed that label and admitted their error. Why would the Pope do that in 591? What threat did Mary Magdalene pose? This section could be an entire book in itself. I just want to bring in one poignant part demonstrating our interconnectedness that we all are in and invite you to do further research if these quantum teachings in unedited spiritual texts spark your interest. This is extracted from *The Gospel of Mary Magdalene* by Jean-Eves LeLoup:

[Pages 1–6 are missing.]

[Page 7]

1 […] “What is matter?

2 Will it last forever?”

3 The Teacher answered:

4 “All that is born, all that is created,

5 all the elements of nature

6 are interwoven and united with each other.

7 All that is composed shall be decomposed;

8 everything returns to its roots;

9 matter returns to the origins of matter.

10 Those who have ears, let them hear.”

This explains that everything is connected, as per quantum entanglement. It describes the interdependence, interconnectedness, and also the impermanence of all things. Nothing exists by itself. This is true for the human body and the psyche that gives it life. Consider the science of epigenetics, the mind as the governor, as well as our heart (the power of heart and brain coherence and meditation), and our emotions that dictate the health of our genes, DNA, community of cells, and health of every organ. By “everything returns to its roots,” this can be understood to mean a return to Origin or to Source, rather than to our very beginning.

Back To the Self-Reflective Universe —

The “Law of Attraction”: “That which is likened to Itself is drawn.”

Like attracts like. A fun experiment for you — when you become the conscious observer of your thoughts, and notice your emotions and words you speak, it might be revealed to you how your life is impacted and what you attract. I have

experienced this firsthand. When I set up my day to be a success with breathwork, heart and brain coherence, meditation, visualization, and gratitude, and live in a high-frequency state, I find that many kinds of magical, *serendipitous,* and synchronistic moments unfold. ***See my blog post here for an expanded story I call The Art of Surrender.***[68]

Can you relate to this? Do you ever meet the perfect person when you least expect it? Don't you just love those happy accidents? Have you ever noticed what happens when you start to notice them?

We live in a vibrational universe and a fundamental law of the universe is the Law of Attraction.

"Everything is energy, and that's all there is to it.
Match the frequency of the reality you want, and you cannot help but get that reality. This is not philosophy. This is physics."

— Unknown

Why do I insert a quote of unknown source in here? Some claim it was Einstein. It wasn't. I have researched the origin using the Wayback Machine, which shows Internet archives, and discovered the author. But I´m going to leave this as unknown, simply because it will resonate more that way with you.

"Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve."

— Max Planck

(Permission to go more woo-woo —) I'm now going to reference a nonscience-based source, one I've been tuned into for about 5 years: Abraham Hicks, which is a group that

has published “The Teachings of Abraham” in four *New York Times* bestsellers, their first being *Ask And It Is Given.* The bestselling book*, Money And The Law Of Attraction,* reached #1. Abraham Hicks is the name of a “collective consciousness” (Spirit), or spiritual group channeled by a woman called Esther Hicks. She and her husband, Jerry Hicks (recently passed away), have hosted seminars since 1987 educating people about energy and The Law of Attraction. They hosted up to 60 sites a year and have taught millions of people about our vibrational universe and how to live an ultimate life of vitality, love, joy, and creation.

They teach how to be deliberate creators, and create more from energy, than with action. We need both, but a lot of the time we are taking action “out of alignment” instead of in alignment, which means most of us are wasting our energy. Using a few simple energy techniques, it is possible to create more by aligning our energy with our actions. Do you ever feel like you are paddling upstream? How amazing does it feel when you let go of the paddles and let the boat take you downstream? Imagine life being that way.

These teachings have been transformative for me, and millions of lives globally have been positively impacted by their teachings in the most extraordinary ways, across all areas of life: health, personal relationships, parenting, career, money, spirituality, and more. You can access recordings of theirs for free on YouTube and at Abraham-Hicks.com.

Their definition of The Law of Attraction is: “That which is likened to itself is drawn.”

Have you ever noticed how you can spiral from one negative event to another? This is because we attract like vibratory thoughts and events. We can also spiral with positive thoughts.

What if we are extensions of “Source Energy?” Thanks to the likes of Gregg Braden, author of many spiritual books, such as *The Divine Matrix* and *The God Code*; Dr. Joe Dispenza, *New York Times* bestselling author of *Becoming Supernatural* (and other books); Dr. Bruce Lipton, author of *The Biology of Belief*; Nassim Haremein, founder of The Resonance Science Foundation; Neville Goddard; and many more teachers, it is undeniable that we can all access this intelligence — a God force that is within all of us, of which we are a part.

The Teachings of Abraham: Connecting to Source

Abraham Hicks calls the non-physical part of us “Your Inner Being.” According to Abraham, we came forth from non-physical into physical, to experience life on this planet, to experience love, joy, and creation. When we are connected and aligned with our inner being, we have connectivity to consciousness, to infinite intelligence, to Source, to the Divine. We can all access this at any time when we quiet our minds and free our minds of thought — through meditation. During meditation or a meditative state, we raise our vibration and can receive “downloads” and insights from Infinite Intelligence, such as light bulb moments in the shower. We get insights during walks in nature, epiphanies when daydreaming. The Abraham-Hicks teachings enable us to really understand how our energy affects not only our physical bodies, but also what and whom we inter-attract with.

You know now that different emotions carry with them a different frequency. The Teachings of Abraham discuss emotions as our guidance system, like an in-built GPS. If we are in alignment with Source, we are joyful and happy, and if we are out of alignment with Source — our hearts — we experience negative emotion. When we raise the energy or

vibration in our bodies, and are more aligned with Source, resistance-free, we allow for healing to take place. The view of the Teachings of Abraham about illness is that it is created by our thoughts and with resistance. In other words — stress. The Teachings have many practices to raise vibration in the body, such as embodying emotions of appreciation and gratitude, why and how to visualize, and how to start your day with meditation and on a “high flying disc” so you attract what you desire, not the opposite, with low vibration and like-vibratory events.

This correlates with the modern quantum teachings by the likes of Dr. Joe Dispenza, Dr. Bruce Lipton, Gregg Braden, and the earlier teachings of Neville Goddard and Dolores Cannon (both of whom have now passed on). When you visualize, feel the feeling, and live as if you have already created what you desire. One of Dr. Joe Dispenza´s fundamental teachings for visualization is to combine an intention with an elevated emotion. He describes how a thought sends the signal out, and the feeling draws it back to you. Further, he describes how the thought is an electrical signal, and the feeling is electromagnetic. In other words, *The Feeling Is The Prayer*. This all ties in perfectly with the (hidden) Gospel of Thomas. Fundamentals of lost (or suppressed) teachings, and modern teachings are ultimately saying the same thing:

The feeling is the prayer.

The next section will discuss how to connect to The Field, or Source Energy, or whatever you wish to call it.

Disconnect to Reconnect

“The goal of meditation isn’t to control your thoughts — it’s to stop letting them control you.”

— The Daily Buddha

Are you able to relate to the lightbulb moment in the shower or when you're out walking or jogging in nature? Nature is one of the easiest ways we can "get connected" (to the Field), along with traditional spiritual practices. In this concluding part of Going Quantum, I'd like to share with you some techniques to intentionally connect to a Field of Intelligence from which you can download ideas and insights. You will be setting up the environment in your brain to do this on demand. The more you practice (spiritual practice, yoga practice, meditation practice) the more you develop the muscle to leverage these states.

We will explore:

- Flow state
- Meditation and yoga
- Breathwork
- Plant medicine

Have you considered where brand-new thoughts or insights come from? You haven't read them anywhere. A brand-new idea or lightbulb moment will happen when we least expect it. You might be swimming or taking a bath or shower. Geniuses like Einstein, Tesla, Edison, and more recently the likes of Elon Musk, have all talked about entering a state of consciousness that allows them access to a form of Intelligence outside of themselves.

The term Flow State was coined by the Czech psychologist Mihaly Csikszentmihalyi in his book, *Flow: The Psychology Of Optimal Experience*. It's been explored in even greater depth in recent years by the likes of *New York Times* Bestselling Authors Steven Kotler and Jamie Wheal in their book, *Stealing Fire: How Silicon Valley, The Navy SEALS, and Maverick Scientists Are Revolutionizing the Way We Live And Work*. Flow State is described as that state of mind in which we access a different level of consciousness when we might lose ourselves in a task or activity and

forget the passage of time. It´s associated mostly with creatives, such as artists, writers, musicians, and athletes, but we can all access this state, and we all do. We can even access the Flow State when we do mundane tasks like our taxes. As I write this book, I am accessing the Flow State. Within 5-10 minutes of sitting down, with no distractions, phone in airplane mode, emails off, with focus music on, I become engulfed in the task of writing. If I get interrupted, it'll take me right out of this state. We cannot access that flow state if we are open to distractions.

Something quite magical happens in the Flow State. I particularly appreciate it when I play the piano. I can sit at the piano for hours, messing around with notes and chords, improvising, and composing. (A closely related Side Note: Something I have noticed in recent years, being friends with a few world-famous musicians — some of whom have been clients including Kenny Aronoff, Scott Page, and Freddie Ravel – is that they all look much younger than their age. More than a decade younger. They ooze vitality. I shared this observation during a breathwork session, and Freddie suggested to me that being a musician is the Fountain of Youth. This makes absolute sense. Why is that? When we are in Flow State (being creative), we are in what I would describe as a pure state. We are free from negative thoughts, free of the monkey mind, free from "resistance," and we are in a state of surrender and allowing. We might be, in effect, channeling from "Infinite Intelligence.")

In his book, *Flow*, Mihaly Csikszentmihalyi writes that we ought to aim to be in a flow state at least 50% of the time during the day, for optimal performance, fulfillment, and enjoyment. I wonder what percentage of the population gets close to that — I wouldn't say that I do, unless I'm writing a book! I would argue that the flow state is a form of meditation. Something Mihaly wrote has stuck with me ever since:

Those who don´t go within, go without.

For most of my life, I considered meditation hocus pocus. I'd look at people meditating in public in what I now know as the lotus position, and think they were a little strange. I couldn't understand why monks would dedicate their days and lives to meditation when they could do something fun like kite surfing or playing tennis or the piano. Why would they spend all their time doing that?

It wasn't until I ventured onto my entrepreneurial and personal growth journey that I kept on coming across concepts of "going within" and "Those who do not go within, go without," or simply the power of getting into nature and walking in fields or among trees. Then it all started to be a lot less woo-woo and a lot more reality. Successful people would describe how they had the best ideas when they were not thinking about a problem, and about how the solution would come to them in the most unexpected moments, like walking the dog. The common denominator? Being "unplugged" — when we're not subjected to social media notifications, texts, phone calls, app notifications, then we ´re not focusing the mind on a specific task. We are disconnected from tech and connected to nature, to something greater. And that does one main thing: It changes our frequency, it alters our state of consciousness, so we can receive "downloads" from The Quantum Field — the Field, Infinite Intelligence, Source Energy, The Divine — pick a name, any name…

Although I just mentioned the benefits of going unplugged, technology has also helped meditation become easier for many. True science is confirming the benefits of a free technology within us, and a resurgence of these heretofore lost teachings is empowering people across the world.

There is a leapfrog “hack” I’d like to mention again — it is breathwork, and it comes in many forms. By simply changing how we breathe, and doing so consciously and intentionally, we can change our brain state in minutes, compared with much more time with most meditations. It might be the Wim Hof Method or Transformational Breathwork (with which you might have a DMT experience), or any other type of breathwork. What I love to do once “high on my own supply” is to then enter a meditation of some kind. It might be a guided visualization or an “open focus” meditation where I just sit, do my best to focus on nothing, and allow whatever comes to me to just come to me.

Science shows that meditation reduces inflammation in the body. You can just search in PubMed for “meditation and inflammation” or “meditation and C-reactive protein” to see thousands of peer-reviewed studies. It is undeniable that meditation reduces inflammation in your body, and, thus, will improve healing. Conventional science does not know how it happens, but they know it does happen. One day, conventional science will catch up. But why wait for that?

A new world of Medicine re-emerges as pioneers such as Dr. Joe Dispenza and Dr. Bruce Lipton, Gregg Braden, and Nassim Haremein, and many more, are bridging the gap between science and spirituality. Strictly speaking, it’s not a new world of medicine, as these techniques have been around since the beginning of human existence. We just have to research indigenous cultures and Ageless Wisdom and realize the fundamentals of our own power. Again, we are living in truly exciting times to be alive as these technologies are returning to the Western World, with the help of technology and undeniable data and efficacy.

Principles of quantum physics, neuroscience, immunology, cell biology, and more disciplines are slowly being made mainstream (again). This is instilling new hope

across the globe when we are in great need of it. We are remembering our true power. People all over the world are experiencing transformations (health and otherwise) that would previously be described as miracles.

Dr. Joe Dispenza, for example, holds workshops globally, and people who attend his events experience spontaneous healings and transformations in their external environments, as well. I mentioned I just returned from a workshop in Cancun, and I can honestly tell you it was the best event I have ever attended. People who attend his events (and apply his teachings at home) are healing themselves of cancer, with multiple tumors disappearing in the space of a week. Autoimmune diseases are disappearing, blind people are seeing again, deaf people are hearing again, handicapped people are walking again — in other words, they are achieving results that we've likely only heard from religious texts. **They appear now as miracles, but when these miracles can be repeated with success, it becomes a technology.** It becomes a technology that anyone can implement with a high probability of success. Those not familiar might question this and suggest it's not scientifically proven. It's time to expand beyond those beliefs! Let mainstream science catch up! It will, eventually. Please go here for my daily reports of Dr. Joe Dispenza´s Advanced retreat and for podcast interviews related: https://VitalitySecret.com/Energy.

Would you like to learn a way to collapse healing time, accelerate your results, and more deliberately attract what you desire into other areas of your life? If this is brand new to you, I hope you're getting excited. Here are some hacks to access a meditative state, quickly:

- Breathwork — Wim Hof, transformational breathwork, box breathing, yoga, most kinds of breathwork will help you enter an altered state. I

engage in all of these regularly and do Wim Hof breathing daily (combined with cold showers and, more recently, ice baths – not for everyone!).

- Dr. Joe Dispenza meditations — Visualization, heart & brain coherence, Morning & Evening, "Tuning into New Potentials" (in the quantum field), and many, many more.
- When meditating to music, I highly recommend music by Barry Goldstein. He produced many of Dr Joe's meditations and his tracks are incredible. Also, check out his book, *"The Secret Language of the Heart."* The power of music and vibration to shift our state is phenomenal and Barry is a master.
- Float Tanks (aka sensory deprivation tanks, which typically involve lying in Epsom salts in a tank in pitch black, with or without music. I've done this several times. It's amazing.)
- Braintap and other headsets/devices like Tripp on Oculus Meta Headset (Virtual Reality) VR)
- Apps that have many different authors/meditation instructors. Meditation apps - two of my favorites are Solvana by Mindvalley and Insight Timer. Headspace is also a popular favorite.
- Abraham Hick Meditations
- Heart & Brain Coherence — as per HeartMath – check out my MP3.
- Silva Method, now published by Mindvalley
- Gaia.com for all kinds of breathwork, meditation, and yoga practices. This is my "Netflix of Spirituality," and it also has superb documentaries, and series, and miniseries on all topics that expand your thinking.
- Walk in Nature
- Dance
- Watch waves and ripples in water

- Take a shower
- Play a musical instrument
- Draw/paint
- Plant medicines in a trusted sacred container and controlled environment, like ayahuasca, psilocybin, peyote, and San Pedro

Knowing we are all a part of this Field, and that we are interconnected, opens unlimited opportunities for us all. We can create (with energy) in the Field, heal ourselves rapidly, when immersed in it, receive insights and guidance from it, and experience overwhelming peace when we are connected to it — and so much more.

At the very least, do yourself a favor and regularly disconnect from technology, from TV, and step into Nature and reconnect with her.

In the next section, I share some experiences I was unsure about including, as we dive deeper into the world of energy with plant medicines and psychedelics. I decided to share because they can be profoundly healing – they have been for me.

The Vine of the Soul

“Plant medicine does not just improve symptoms,
it approaches healing the whole of the body —
as opposed to Western medicine, which may just approach the symptom.”

— Karen Rose

When looking into ways to heal, I believe an advanced step is to research indigenous cultures. This section is on *ayahuasca*, which I have experienced a number of times since 2016.

Within a few months of my landing in L.A., a Peruvian friend there introduced me to the idea of ayahuasca. It was new to me, fresh from the U.K. What she shared with me opened my mind. Several years later, I attended an ayahuasca ceremony. It took several years for me to “have the calling” to do it, after considerable research. I had never taken a psychedelic like LSD, which always scared me. I just associated those drugs with recreation, and I have heard horror stories of people’s minds never being the same again. Why would I ever put my mind at risk? No, thank you, very much!

Yet, the more I immersed myself in various communities, and heard about ayahuasca, and how indigenous cultures have been drinking this “plant medicine” for centuries, I developed more and more curiosity. Ayahuasca is known as the “Vine of the Soul” and “The Spirit Molecule.” The primary active compound in ayahuasca is DMT (Dimethyltryptamine), a chemical that we secrete in the pineal gland in the brain, also known as your third eye, and also our lungs, naturally. It is found throughout nature in plants and animals. It is a substance that provides what I can only describe as an “out of this world” and “out-of-body” experience when you enter a different dimension of consciousness. Without any kind of spiritual outlook, it’s a challenge to get your head around this one. Describe to me what a banana tastes like — that's what it's like attempting to describe to someone who has never experienced DMT.

Imagine for one moment that we are far more than intelligent meat robots, in meat suits, and separated, limited beings. Imagine we are part of an energy that is everyone and everything, all interconnected by a field of intelligence. The ayahuasca experience is virtually indescribable. Imagine multiple planes of existence, animals, plants, jungle creatures, sacred geometry, extraordinary colors, images, movies, messages from Spirit, spirit guides, delivering

insights, enabling epiphanies, being engulfed in love — no, that doesn’t do it any justice whatsoever!

Let’s discuss why it's called Plant Medicine. Simply, because it is a medicine and helps the body to heal, and it comes from a plant. “Aptly named!” I hear you say. Conventional medicine refers to it as a drug because it alters your state of mind. Granted, it alters your mind in that it expands your awareness and consciousness. It is as if it removes a veil, enabling your perspective and greater thinking and level of mind. Some of the most successful and creative individuals on the planet experimented and continue to experiment with hallucinogens like LSD. Examples are Steve Jobs (self-claimed), The Beatles (self-claimed), Richard Branson (self-claimed), Larry Page (self-claimed), and many Silicon Valley types.[69]

Tim Ferriss, a Silicon Valley investor, and author of the bestselling book, *The 4-Hour Workweek*, reported: "The billionaires I know, almost without exception, use hallucinogens on a regular basis," Ferriss said. "[They're] trying to be very disruptive and look at the problems in the world and ask completely new questions."

A recent study at Imperial College London (where they are currently carrying out the largest body of research in the U.K. for MDMA, psilocybin, ayahuasca, and more) provides a possible explanation as to why that happens. Twenty participants ingested LSD and then had their brain activity monitored in an fMRI machine. The drug broke down certain brain networks, allowing new patterns of communication to form.

"Psychedelics dismantle well-worn networks, and this allows novel communication patterns to occur . . . modules that don't usually talk to each other are talking to each other more," explained Dr. Robin Carhart-Harris, the researcher who conducted the study. Psychedelics have a

long history in Silicon Valley. Daniel Kottke, a college friend, and early employee of Steve Jobs', used to drop acid with him at Reed College. "He was very forthcoming about that, about psychedelics being very helpful for getting him in touch with creativity," Kottke said of Jobs.

According to Kottke, Jobs was not interested in smoking marijuana during college because it didn't expand consciousness in the same way.[70]

Psychedelics, it seems, can be used to expand beyond one’s limits of consciousness. Personally, I don’t refer to ayahuasca as a drug because the term “drug” has a negative connotation. People associate mind-altering substances with terrible things happening to the mind, such as psychosis and schizophrenia. In fact, that was my own outlook until the last ten years. Ayahuasca is not that. It is, in my opinion, one of the greatest gifts from Nature.

Shamans and people of indigenous cultures have been drinking ayahuasca as a (true) medicine for thousands of years. According to Graham Hancock, who wrote *Fingerprints of The Gods* and whose TED talk, “The War on Consciousness,” was banned (the irony), reports that ayahuasca has been traced back 30,000 years, long before Biblical times.

During the couple of years of research leading up to my choosing to attend a ceremony, a friend who had sat one many times told me that the first time he sat in, it was as if he were given precise clarity of his purpose, mission, soul's desire, and that all was laid out in front of him. After his first sitting, he stopped everything else he was doing, and focused on what “Mother Aya” told him. He would sit ayahuasca ceremonies after that for continued guidance, clarity, decision-making, and for healing. I never understood the healing part until I sat the first time.

Why did I do it? I sat for this very reason: It was 2016, and while I was passionate about my work (which I'm still doing now, or you wouldn't have this to read), there was a part of my life that wasn't clicking around my finances. I'd struggle year on year, attend seminar after seminar, read personal growth book after personal growth book, and for reasons that have only recently become clear to me, I was going deeper and deeper into financial red. It was as if I just couldn't save any money!

Most of my friends were in England getting married, having kids, buying homes, and I was living the life of a nomad in my mid-thirties, living paycheck-to-paycheck. I decided to attend an ayahuasca ceremony to help me with clarity and purpose, and to help me push through any money blocks I believed I had. Some attend ayahuasca ceremonies to help their bodies to heal. Some do it for support and clarity with relationships, health, wealth, spiritual growth, their purpose, and beyond. Some do it for the enlightening experience it provides. One thing I learned is that Mother Aya doesn't always give you what you want. You get what you need at the time.

My first sitting was in April 2016, and, I must say, I could never go back now, nor would I want to. It has provided me healing, clarity, and vision I never dreamed possible, within this limited Neil body. My Vision is vast compared with what I envisioned 10 years ago, and I have experienced healing as with no other medicine, during a 3–6-hour ayahuasca journey — a profound Ayahuasca Experience for me.

This is excerpted from VitalitySecret.com/blog:

Now we know that most, if not all, illnesses are rooted in trauma, or several (large and small) emotional deposits also known as *trapped emotions*, and we must find ways to release them.

Plant Medicines are one way. There are many. And by the way, trauma doesn't have to be in our lifetimes — we can inherit it, and the science of Epigenetics tells us this. We can release trauma using somatic therapy. *Somatic therapy* is the release of the energy of the trauma without reliving the trauma through talk therapy – which can solidify it in our minds and body and make it worse. (Reminder: "Nerve cells that fire together, wire together" and this explains why talking about the same trauma over and over again can give more energy to it, and expand it, resulting in even more suffering.)

Ever since the second time I drank ayahuasca, my body has become "activated." This activation begins with shaking, and it normally starts with my legs. It goes considerably further than shaking. Shortly after the visuals start, and I see sacred geometry (yes), my legs begin to shake. First my legs, and then my upper body. I feel this force (medicine) passing through my veins — a force that I can only describe as pure love. An immensely powerful, pure love force passes through every cell in my body. My breathing changes — I have no control over my breathing. Mother Ayahuasca is breathing me — I'll refer to Her as She or Mother Aya. I could stop this if I wanted to, but why would I — it feels incredible. My breathing becomes staggered. It becomes rhythmic. Sometimes I shallow-breathe, other times deep breathe, other times somewhere in between. Sometimes Mother Aya holds the air in my lungs, and other times She forces all of the air out of my lungs. At times with no air in my lungs, it gets slightly uncomfortable, but I know I'm safe. This is all done completely involuntarily. It is as if my body is no longer mine. My body is alive and active — yet I'm not in control (unless I choose to be and open my eyes). My body becomes what I can only describe as *"an instrument of consciousness."*

Movies

She moves me from a sitting position to lying down, as if to say, “You’re going to need to lie down for this. Lie down.” She grabs my arm, plays with me as if to say, “See? Look what I can do, I’ve got you.” She plays with another limb. She moves my head to one side, then to the other, the most extraordinary medicine music I’m hearing is accentuating this magically blissful experience. My face is calm, I have an ecstatic smile on my face as my body is thrown around like a rag doll. My head goes left and right. Then it’s still, again.

I feel this incredible intensity in my head as if my brain is being healed. It’s like my head has healing hands around it. An energy passes through my brain that I cannot describe. My upper body is bouncing up and down. My arms are pressing hard on the floor next to me. My chest is forced up and outward, into what feels like the center of the room. The visuals I’m seeing are giving me messages. She’s playing for me movies from my lifetime, one event after the next, one trauma after another. I see my parents’ traumas. I shake them off. I see another one, and I shake that off. As this is happening, my body is releasing energy. Intuitively, I know that it is happening.

When a significant event is played, my whole body is activated – everything is shaking. If anyone can see what is happening (and inside the room, of course, they can; there are 20 other people in the room having their own experience) – it’ll look like I’m possessed. Only, I’m possessed by pure love. My face tells you so. None of the support team attend to me; they know I’m fine. They witness me. They know I’m safe. I know I’m safe. I know I’m experiencing healing from pure and unconditional love.

If you can imagine movies being played to you, sometimes quick flashes of information, clear messages, guidance – and your body responding as messages are seen and heard, this is how Mother Aya works with me. The colors are out of this world. Sometimes I’m in a jungle. Other times

I see animals. I see faces. I see my friends' faces. I see family faces. Everything has its purpose, a message.

My body was activated for what felt like hours. Someone brings water to me. I drink steadily as advised.

I lie back down and continue my journey. My body comes alive again. Every now and again, my body calms down. It sometimes stops moving completely. Alan Watts is playing, and an important message, bang on cue, is heard by my body. Alan Watts mentions something about parental and ancestral trauma. And all of a sudden, my body is activated again, my entire body is shaking. I feel a hand on my left hand as my beautiful friend to my left is supporting me through what’s happening. As I write this, I’m feeling emotional. She hears the words spoken by Alan Watts. She knows what is happening to my body. She knows what is being released. She makes a sound as if to say, “I hear you. I’ve got you.”

At one point, the ceremony guide creates silence in the room, no more music, and no words spoken. Just gentle noise. Noises of people purging in their buckets, as they, too, are releasing trauma. Some people are crying. Some are laughing. And, gently, the guide asks if anyone would like to say any prayers. My body is slowly calming down. I imagine my breathing can be heard by the room — my body is still bouncing up and down.

And then I start to hear prayers, and my body ceases to move. My visuals show me the energy of the prayers traveling over the curvature of the planet in this line of green energy. In one prayer, a man speaks of his father, who has psoriatic arthritis, how he's suffering, and requests for us to pray for him. Suddenly, my entire body is activated again. My friend’s hand is back on mine as she’s supporting me whilst I release not my trauma, but the trauma experienced by the father with the illness – the father of the

man praying in the room. My body calms down again. I'm silent. The room is silent.

Then someone else says a prayer. She mentions a sick relative and how she is concerned about all the medications they are on. As soon as my body hears "medications," my entire body is activated, and I'm thrown around like a rag doll. I'm told by Mother Aya so clearly that the medications are causing harm. I am shown a dark energy. My friend's hand is on mine again. Mother Aya shows me I'm on the right path with my work. I'm told to keep going. This fills me with more confidence and certainty with what I'm doing with my work.

This continues for another hour or so, and eventually the medicine leaves my body. At least the strength of it is weakened. The visuals come to an end. My body calms down and returns to normal. I drink water like I've not drunk water for weeks. I sit in reflection. I cry. I smile. I thank Mother Aya.

The ayahuasca journey lasts 4-5 hours. At the end, there is always an opportunity to share, and you hear others who are sharing their experiences. I relayed my experience to my friend who was holding my hand, who said to me, "Tell me everything." I said it felt like she was supporting me as I went to war. I relayed that it felt like I was not only releasing my own trauma, but releasing trauma from others.

It was as if I was releasing trauma from the collective of the room, and from those for whom prayers were being said. At times, it even felt as if I was releasing trauma for the masses, from those who were suffering. It felt as if I was releasing trauma from people making terrible decisions in the world, people in power who are separated from Source — from their hearts. I felt as if I was even releasing the trauma that the drugs (legal ones) were causing to people's

bodies. These were messages I was receiving during just one sitting.

Every time I sit for an ayahuasca session, I receive confirmation from Mother Aya, from The Divine, of my purpose and truth. Every time is healing. Afterwards, my eyesight is clear. I can see colors as if I have just been born. The week ahead, I feel like a new human. The clarity of my mind is untouchable. I feel as if the veil is lifted. I feel the truth. I see the truth. I know the truth, or *my* truth.

If this is something you'd like to consider, I encourage you to research this thoroughly and not to jump in blindly. I have met many who have told me that they have used plant medicine as a way to heal. One woman I met on one sitting told me she'd suffered from fibromyalgia for two decades. In three sittings, it was gone. This is the power of this medicine. Another teenage boy was using ayahuasca as part of his cancer-healing protocol. It wasn't the only thing, but it was part of it.

This is not to be taken lightly. The fact that it's illegal may even be a good thing, as it is something that really must be done with so much care and respect and with a circle and guide or shaman whom you trust. It took me 2 years to learn about ayahuasca before I sat. I had to make sure it was right for me.

If there is nothing else you take away from this, please remember — The body keeps score concerning our emotions, and our bodies store our trauma. This is not 'woo-woo' anymore, and we get to figure out ways to release it. Plant Medicine is just one way. I invite you to consider this and consider other ways. There are certain conditions or drugs that Plant Medicines should **not** be used with — such as if you're taking anti-depressant medications. The body must be clear of them as they interact with the DMT, and not in a good way.

If this is of interest to you, I suggest watching *The Spirit Molecule*, *Vine of the Soul*, and *The Reality of Truth*. Explore Gaia to find out more on psychedelics. We are in revolutionary times are rapidly nearing, as these medicines are brought back into the limelight. You might also want to search for Graham Hancock's banned TED talk, “The War on Consciousness,” and consider Michael Pollan´s *How Toto Change Your Mind* on Netflix (that accompanies his book, *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*), and the *Psychedelica*[71] series on Gaia.

A Magical Journey with Mushrooms

Psilocybin

“When we look within ourselves with psilocybin, we discover that we do not have to look outward toward the futile promise of life that circles distant stars in order to still our cosmic loneliness.
We should look within; the paths of the heart lead to nearby universes full of life and affection for humanity.”

— Terence McKenna

There is more to mushrooms than you think. Understand Fantastic Fungi, and the web of entanglement between them, called Mycelium, and your eyes might widen.

Ancient Plant Medicines are slowly being brought back into the public eye — the ones we’ve been told our whole lives are dangerous drugs! While not mainstream yet, significant research is being carried out on some of the main medicines available to us from Mother Nature.

There is more to mushrooms than psilocybin, but I thought I'd start here.

Magic mushrooms (aka psilocybin) used to scare me, because of what I heard about during childhood, teenage-hood, from the media, and, ultimately, society — and, maybe, for good reason. During my teenage years, my friends would disappear into fields with mushrooms and report back about how they lost their minds hallucinating, reporting how walls had become animals and how they disappeared into a world of paranoia, not knowing what was going on. They'd report this in good humor and be laughing about it. I would say to my friends: "You guys are nuts; I'm going to stick with alcohol." (I was 16 or so, and we Brits start early — it's almost in our DNA.)

It wasn't until I had sat ayahuasca that I really started to understand the power of mushrooms, as well for expanding the mind, accessing altered levels of consciousness — and for healing trauma, and, thus, could be used to treat PTSD, and any condition related to trauma. Given that trauma is what underlies most addictions, poor habits, unhealthy relationships, anger, resentment, being reactive, and most chronic illness, one can start to comprehend the power of psilocybin in healing the body.

Imperial College in London is carrying out a large body of research with psilocybin, other plant medicines, and MDMA. Here is one excerpt on psilocybin and depression:

> "Psilocybin, the active compound in magic mushrooms, may be at least as effective as a leading antidepressant medication in a therapeutic setting.[72]

Another promising Study:

> "New research into applications of psychedelics represents one of the most important initiatives in psychiatry and brain science in recent decades.
>
> "This is the central message of a new commentary published this week in Cell by researchers at Imperial's Centre for Psychedelic Research.

> “In the paper, Professor David Nutt and colleagues Dr. Robin Carhart-Harris and Dr. David Erritzoe explore the context and potential of the recent “psychedelic revolution in psychiatry.” [73]

In the United States, John Hopkins University,[74] Yale, and Stanford, as well as many other universities are conducting similar research. It is becoming more widely accepted as being a (true) medicine in the Western world. Granted, it is early days. And when you research indigenous cultures, you’ll quickly discover that this knowledge has been suppressed, for reasons I’ll leave to you to determine. In his banned TED talk, “The War on Consciousness,” Graham Hancock said:

> “When I have asked shamans about sickness of the West, they said it’s quite simple — you guys have severed your relationship with Spirit. ‘**Unless you reconnect with Spirit and do so soon, you’re going to bring the whole house of cards down around your heads and ours.’** And rightly or wrongly, they believe that ayahuasca is the remedy for that sickness. Many are being called to the Amazon to drink Ayahuasca, to bring about consciousness change.”

While that is in relation to ayahuasca, he mentions psilocybin, too, and how they are molecularly similar.

Silicon Valley is becoming known as the micro dosing capital of the world, where tech entrepreneurs and those in technology use psilocybin to improve focus, productivity, and creativity. Increasingly frequently, we see headlines such as, “**Why Silicon Valley Employees Are Taking LSD to Be More Productive.”**

I was a late bloomer. I didn’t take magic mushrooms until my mid-twenties in Amsterdam, in a recreational environment. It was coupled with alcohol. It wasn’t a memorable experience, nor one I’d want to repeat. I thought the laser light show in the club was cool and accentuated, but I certainly wasn’t enjoying the combined experience of

magic mushrooms with alcohol. I wasn’t in any rush to do it again.

Ten years later, after landing in L.A., and after extended exposure and research into psychedelics, I found myself abroad, in a truly gifted situation, on a private guided mushroom journey with a shaman whom I’d got to know virtually over the course of a year or so. I eventually faced my fears and made the investment.

In a far, far away place, the shaman welcomed me into his home and made me feel at ease, asking me about my intentions for the experience, and what I hoped to get out of it. After an hour or so, he handed me a delicious hot chocolate drink containing six grams of chopped mushrooms. We talked for another thirty minutes before he asked me to lie back on the couch and close my eyes. He sat beside me the whole time, and soon his voice changed into the identity of the spirit consciousness I was already familiar with — a deep voice, a playful Native American Medicine Man.

As I journeyed through some beautiful sacred geometry with colors quite different to those I experience with ayahuasca, I came across a moment of stillness when I felt the giant hand of the shaman on my chest. He said in his deep, Native American accent, “Hello, Neil, I am Mr X” (I have removed his name out of respect). I smiled as I heard his familiar voice. After an exchange of words and him comforting me, ensuring my safety, he mentioned that “they” were about to begin a “heart opening.” (Some might say “they” refers to Light Beings, or spirit guides or energy beings, or some form of intelligence.)

Healers and shamans suggested to me a number of times that once I drop out of my head, and into my heart, that my work would flow, my income would be exponential, and that these unconscious “money blocks” I was holding

onto would disappear. As I was coming out of the mushroom journey, I became increasingly aware of my body, and the shaman was back to his normal, human self. He smiled at me, and he placed a huge quartz crystal on my heart. He asked me to hold it, and he sat on the piano and played music like I'd never heard before in my life. It was as if he had ten hands. I play the piano, so I was able to truly appreciate the sounds that I was hearing.

Out of nowhere, my attention went to my father, and I was engulfed with love for him and then for my mother. We had had our challenges over the years, and this brought me out of my head, as if my ego disappeared, and I had only love for them both. Tears started to stream from my eyes as the piano sounds reverberated throughout my body. When the music stopped, I lay there, crying tears of joy, and love pouring down my face. I sat up, and I saw him facing out on his balcony toward the ocean. I'll never forget the image of him standing there. He turned on cue, looked at me, and quickly a huge smile appeared on his face. Pointing at me, he said, "Yes! That's the Neil I´ve been wanting to see!"

If you're feeling called to explore this medicine, I invite you to research it - thoroughly. I'd like to say again, this ought to be used with great caution and respect. Taking mushrooms in a field or at a festival is very different from taking it in a highly controlled therapeutic environment or during a routinely performed, carefully curated sacred ceremony.

Remember: everything is a medicine or a poison depending on the dose.

Concluding, the world of energy is a fascinating place. This, for me, is where things get truly exciting. We have discussed quantum physics, suppressed teachings, the power and science of meditation, visualization, heart, and brain coherence, breathwork, various energy exercises,

profound energy healing experiences, plant medicines, and we have barely scratched the surface. I haven't told you about exploration of past lives, and meeting people with whom I've shared multiple past lives – and having past life regressionists and psychics who did know one another confirm the past lives! It's mind-blowing. There is so much more in this world beyond our 5 senses.

Go to VitalitySecret.com/energy for recommendations and to take a deeper dive.

None of this magic happens without our mind, our brain, our "brain chemist." And that is what we next discuss, the mental game of Vitality.

CHAPTER 13

INITIATING THE MENTAL SHIFT

“You must unlearn what you have learned”

– Yoda

“There are two ways to be fooled. One is to believe what isn’t true, the other is to refuse to believe what is true.”

— Soren Kierkegaard (1813-1855), iconic Danish philosopher

The weirdest part of my job is when I take over the role of Yoda in *Star Wars* and help my clients to unlearn what they have learned. A lot of what we have been told our whole lives by mainstream sources has become an embedded belief system, and it’s very challenging for some to change these beliefs. Yet in changing many of these beliefs comes true freedom and self-empowerment when we free ourselves from the chains of the past and the shackles of a society with limited thinking. It opens the door to our gifts, to superhuman powers, and an extraordinary way to live.

I once heard that most people would rather die than change their beliefs. The closest official quote I could find that matched this is —

“We would rather be ruined than changed. We would rather die in our dread than climb the cross of the moment and let our illusions die.”

— W.H. Auden

Another one is,

“Most people would rather die than think —
and many of them do!”

— Bertrand Russell, major British philosopher/intellectual

Here we shall discuss:

- False beliefs we have that are based on a false mainstream narrative
- There is no such thing as “alternative health.”
- Exploring beyond the constraints of conventional thinking
- Attracting what you desire by changing your energy

At a basic level, imagine finding out that certain foods you’ve been eating all this time are inflammatory, and you’ve always believed they were healthy. When convention says they’re healthy, it doesn’t mean they’re actually healthy, and I would argue that that is true for the vast majority of advice and education that comes from the media about health. That is, at least, what I have found in the last ten years of working in holistic health. This is a key reason I withdrew from mainstream news media.

Some people go through their whole lives with something like asthma, believing it is a “disease” or “incurable.” Some are lucky enough to come to the realization — with a little research outside of the mainstream “science” — that you can fully reverse it.

You might have been led to believe that “alternative health” is inferior to Western medicine. I hope you have seen that that is a misnomer for the vast majority of illness and disease. In truth, there is no such thing as alternative health. **There is health, or there are drugs.** There is health or medication, and an exorbitant amount of money

influences their distribution and disinformation campaigns, lobbying, and advertising. When one is chronically taking pharmaceutical drugs, by definition this means they are not healthy, because they're on a form of life support. That is an **alternative *to*** health.

Sadly, most people believe the drugs that they take help because symptoms ease, but in truth, it's likely their health is getting worse. It's not unusual to be prescribed another drug several years down the line to counteract the side effects of the first drug (side effects happen because the drug is causing harm in the process) — and also because the underlying cause of the first symptom has worsened, unnoticed. True medicine helps you to heal from the inside out. Nature's medicine helps you ***not*** to take drugs. Nature makes no mistakes. From what I've seen, we cannot supersede the Nature Codes (or alter them) and expect **not** to experience consequences.

Can you now see that the mechanics of a holistic approach are not difficult? Can you see how an anti-inflammatory life can open new doors to self-empowerment, self-healing, and, ultimately, freedom? I hope you are seeing beyond the limits of conventional wisdom.

This might mean changing some of your beliefs on a deep level. For some, this is like admitting to themselves that they've been misled for quite some time.

Why am I writing this now? To be in the right mental state for healing and unleashing your Life Force, I believe it's key to understand where we have been misled and why we have been misled; otherwise, we continue to use a system we believe is working for us, when it clearly is not.

Maybe you are questioning some of what you've read here so far, but inside you, some-where, you can feel resonance with what I'm saying. Is there a curiosity and openness in you that is eager to be explored? Have you ever

considered that you are more powerful than you have otherwise believed? Have there been times in your life where you questioned reality, and thought, *there must be more to life than this?*

I invite you to open yourself up to the possibility that you are a limitless being and that your body can heal anything. I invite you to explore beyond the constraints of conventional thinking, and consider what people are doing all over the world in terms of reversing incurable illnesses and with spontaneous remissions.

That's just on a physical level that people are changing their lives externally, by understanding we are nothing but energy, and that everything in the universe is energy, frequency, and vibration. If you're ready, I have a 3-step strategy to help you elevate to the next level:

1. Stop or limit your exposure to mainstream news.
2. Stop or limit mainstream TV and exposure to mainstream advertising.
3. Subscribe to people and platforms (often censored) that provide alternative viewpoints.

You'll likely start to come across information that is so extraordinarily cool and empowering that you'll wonder why you have spent all this time watching the drivel! You'll start to experience life in a whole new way. How can I be so confident in saying this? It happened with me, and most everyone else I know in Holistic Health. You'll meet people on the same journey. You'll start to notice amazing synchronicities ("happy accidents") and beyond, the more you tune into them, acknowledge them, and trust in a universal force.

You might find you are guided more by your heart and intuition than your brain, and relax into life, and surrender to what is. What slowly opens up for you will open your eyes

and your heart in ways you might never have imagined possible. You might start to understand how you can attract what you desire by changing your energy and mastering your emotions and your thoughts. When you unlearn what you have learned, expect many doors to open for you in a really exciting and positive way. In the next three sections, I'll elaborate on releasing yourself from the shackles of the past.

Radical Responsibility: Victim to Victor

"The victim mindset dilutes the human potential. By not accepting personal responsibility for our circumstances, we greatly reduce our power to change them."

— Steve Maraboli

Something extraordinary happens when we assume radical responsibility for our health and our lives in general. In this section, I want to share with you how I did this, and how I witnessed women who were victims of some of the most extreme and horrific events, come out well on the other side of decades of suffering. We will cover:

- Transformation events I attended
- What does radical responsibility around health look like?
- How we have been programmed by society to be victims
- How radical responsibility leads to radical results

When I moved to Los Angeles, one of the best things I did that year was attend a transformational program, the kind of event that the majority of my friends at home would have heckled me for attending. I just knew, having read some personal growth/personal development books, that I had some "work" to do — *on me*.

I had bought many marketing books, attended seminars in England and the U.S., and every time I would leave believing that it was then my time to break through and create the financial success for which I was yearning. I was normally on fire for a few weeks after the events, and then I would return to how I was before. (Sound familiar to you?)

The closest I previously achieved lasting change was when I attended a Tony Robbins event in 2015, a six-day powerful, immersive experience called Date With Destiny, where you get to intentionally create your future in each important area of your life. It was recommended to me by my friend Stephan, whom I very much respect. He told me that it changed his life, his confidence rocketed, his career took off, and it was where he met his girlfriend, now his wife. He showed me pictures of what he used to look like, and it appeared as if he anti-aged with what he did with his body (he must have read *The Vitality Secret* before I wrote it —). His career took off exponentially.

During this six-day event with Tony Robbins, we were put through our paces, fifteen to sixteen hours a day, establishing absolute clarity of vision in each area of our lives that was important to us, including career, finances, family, and personal relationships, intimate relationships, health, personal and spiritual growth, and contribution. We unraveled vital elements of our psychology, discovering patterns, belief systems, mental and emotional blocks, underlying trauma, and other vital elements of emotional intelligence and psychology.

I had recently chosen something quite out of the ordinary — an information business, generating income online. I knew that if I were to do something out of the conventional norm, I'd have to do something different to my conventionally trained mind.

“If you want something you’ve never had,
you must be willing to do something you’ve
never done.”

— Thomas Jefferson

It meant shifting my psychology, and I knew I had to do it. I realized during one transformational experience that I had, in effect, been living the life of a victim.

What does it look like being a victim? It means holding the belief that life or something happens *to us*, rather than *for us* (there is an additional viewpoint looked at in Chapter 12, Going Quantum). Victim-level thinking suggests we played no part in its creation, whatever the experience is. I wasn’t accepting responsibility in a few areas of my life, namely, my finances. Other parts were fine — like my health. It is easy to function at a victim level of consciousness when we have suffered from something severe, and most of the time we have good reason to feel this way.

I realized I was holding myself back by blaming others for why I wasn’t where I wanted to be. I was living the socially programmed life of a victim.

Radical Responsibility

Initially grasping the concept of accepting full responsibility for my life, in every way, shape, and form, when people had apparently done things that caused me considerable emotional pain and were unjust “*to*” me — simply did not make logical sense to me.

And then it did. By accepting 100% responsibility for my life in every area, I was back in the driver’s seat. The idea that life happens *for us*, not *to us*, is one I daily remind myself of to this day.

It's clearly a lot easier for some than others. I will never forget hearing from women who had been raped. I cannot think of anything worse, other than losing a baby or child. Somehow, after some deep inner work, they were able to reframe their suffering. They were able to create new meaning, which meant that they were no longer in a suffering state, and these horrific events became an opportunity for growth. Seeing how liberated they became helped me to minimize my own challenges. (Side Note: A superb book on this subject is *Man's Search for Meaning*[75] by Victor Frankl, referenced in Chapter 10, Releasing Trapped Emotions and Trauma***.***)

One thing that helped me was to remind myself that most people come from love and are doing the best with what they know at the time, with the information they have. They are doing their best to follow what they believe to be their truth at the time.

I believe ***radical responsibility*** leads to ***radical empowerment*** in each area of our lives. This helps us with our health, intimate relationships, friendships, career, finances, and all areas of our lives that are important to us. Radical responsibility leads to ***radical results,*** and we can rise from victim to Victor.

I believe we cannot heal ourselves from within a victim state. (Please note: I am not perfect at this by any means — it’s a constant work in progress for me across various areas of my life, but the growth I’ve personally experienced is clear. Assuming radical responsibility for your health might look something like: “If I created this, how can I un-create it, or reverse it?” This is powerful! **I would go as far as to say that radical responsibility for one's health is the secret sauce to heal from “incurable” illnesses and create a life of Vitality.)**

As a society, we have essentially been conditioned (or programmed) into a victim level of thinking — of consciousness – instead of the feeling of empowerment. On a societal level, we have become victims to our bodies, victims to disease, and victims, then, to a disease-and-symptoms maintenance system that makes money only when we are sick. It is a sick-care system. The moment we step into ownership of our bodies, we can heal ourselves. In “Radical Remission,” Dr. Kelly Turner asks cancer survivors (who have reversed advanced stages of cancer with no medical intervention) what they believed was the cause of their cancer. They intuitively knew. We create illness, or we create Vitality. Our genes play a minuscule role in illness, as the science of epigenetics tells us. Knowing we can influence our genes puts us back into the driving seat — in a radically empowering way!

Making peace with pain and with our symptoms is profoundly powerful. There are holistic healing centers around the world, such as The Gerson Institute, that ask their patients to find appreciation for whatever they’re experiencing — even if it’s advanced, Stage Four cancer. Acknowledging that chronic illnesses are chronic symptoms of an underlying chronic cause, it means we are in the driver’s seat, and we can do a little reverse engineering to find the cause and address it. It means we get to listen to the symptom, like a messenger, like the warning light on your car dashboard asking you to take your car to the mechanic to get the engine fixed at the root cause of the malfunction. Without the warning light, without the symptom, you’d never know your body was out of balance. It is a gift.

As well as a mental shift, a biological upgrade also takes place when we shift our response to our symptoms. Instead of being in a victim state, which puts us into the frequency of fear, we elevate our frequency, our vibration, by being in

a place of appreciation or gratitude. This is now measurable, as demonstrated at the HeartMath Institute, which I featured earlier. Every emotion has its own frequency, and emotions of love are high frequency, while emotions of fear are lower frequency. Given that all disease is the lowering of frequency (according to Dr. Joe Dispenza), and that a characteristic of all chronic illness is low voltage to an organ (according to Dr. Jerry Tennant), it makes sense that to heal, we must do whatever it takes to elevate our frequency and raise our voltage. A victim state halts us in this regard, and it will hold us back. If we can reframe even the most severe of circumstances that happen to us (for us) in our lives, it helps to raise our frequency, so we can heal our bodies.

Please don't think I'm attempting to minimize a severe trauma you might have experienced. That's not at all what I'm trying to do. I'm just doing my best to relay to you what I have experienced and witnessed in others who have suffered infinitely more than I have, to create extraordinary change and self-healing in their bodies.

I believe radical responsibility is ***THE*** Secret Sauce to healing oneself and beyond.

Pain & Pleasure

Have you ever started a new fitness or health regime or started to work on a new idea, or anything new, and not stuck to it? Me neither — *hah*! Do you prefer to be pulled or pushed? Do you prefer to kick yourself into taking action, or something, some kind of vision, to pull you forward into an expanded version of yourself? There is a subtle difference between motivation and inspiration. Here I'd like to share with you a few powerful insights about what drives human behavior —

- Why most people fail with New Year's resolutions

- Mechanics of achieving something, versus psychology of achieving something
- Getting clarity on your “why”
- Getting clear on the *why* behind *your why*

We’re human, and we all do this. Many of us will start a new year with a New Year’s resolution, saying to ourselves something like, “I´m going to go to the gym three times a week” or “I'm going to lose 30 pounds.” And then we wonder why after a few weeks, we´re sitting on the sofa chomping on pizza with a can of beer or diet cola (thinking the diet part actually helps).

Have you ever got in a car without any idea as to where you’re going? Let’s assume you are not a race car driver, and that driving is about getting from point A to point B. If you got in the car and started driving without any goal in mind, or reason to arrive at your destination, that will likely have been attached (unconsciously) to emotion in some way, the chances are that you wouldn't arrive anywhere useful. Even if it’s a mundane activity like going to the grocery store, the reason you’re driving there is likely to buy food and feel good having bought the food, maybe feel accomplished, and ultimately have something to eat — behind which is an emotion of pleasure, maybe, so you’re not in pain from being hungry. A variety of emotions is involved with just a visit to the grocery store.

Using the Pareto Principle, the 80/20 Rule, it is believed that 80% of success in anything in life is down to psychology and 20% mechanics. It makes a lot of sense. Whether it’s getting fit, eradicating an illness, starting a new business or relationship, our mind is running the show, and 95% of our decision making is subconscious.

I’ve come to realize that the primary reason we do not stick to anything, is down to not establishing clarity of a Vision, and importantly, *why* we want it. I once heard Tony

Robbins say that the reason many people don’t get what they want in life is because they don’t know what they want! There are some very powerful ways to get clarity on this that none of us are taught in school.

For the purpose of wanting to figure out my own challenges, I've invested tens of thousands of dollars in psychology and emotional intelligence training, some of which I reveal here. If I knew this information growing up, I would likely have avoided considerable unnecessary suffering and would probably have saved myself time as well. For example: Did you know that we’re in control of our own emotions? And that we can become conscious of our thoughts? *Who knew!*

Level 1: Getting “Motivated”

When I start with any client, the first task we do is write a **Vision**. Without it, there’s not much point in pushing forward. In fact, it would really harm my success rate not to have my clients establish a clear vision at first! I ask them what their desired outcomes/goals are for their health and body, as if there are no limits. Those pesky limiting beliefs (that are normally unconscious) can really get in the way of our success. Before I reveal how we normally do this, I’d like to share with you a gem I learned about the twin forces of pain and pleasure.

As mentioned, I stumbled upon Tony Robbins during my effort about ten years ago to create an online business that would enable me to travel, explore the world, and provide me with financial freedom so I could do what I want, whenever I want, with whomever I want. I was seeking freedom, ultimately. I read a few of his books, listened to a few of his online program audios, and attended his events of Unleash The Power Within and of Date With Destiny. One of the many takeaways I took from his teachings is what

motivates all human behavior. It resonated. **We are motivated by two key driving forces: pain and pleasure.**

More specifically, we are motivated by the need to avoid pain, and the desire to gain pleasure. Everything we do in life, every decision we make, every action we take, is a result of one or both of those driving forces. Taking procrastination as an example, the reason we procrastinate is ultimately due to attaching more pain to taking action to the task at hand, than we attach pleasure to achieving the outcome. Or we don't attach pleasure to taking action. This is normally unconscious. Since we are inherently wired to avoid pain, thanks to our survival brain, we will do almost anything to avoid pain. So, procrastination wins.

Since this is a book on healing yourself, let’s use a Vitality journey as another example. Data shows that the majority of people who invest in any fitness program or diet plan will not commit to it for the entire duration. They get as far as purchasing the product, as they’re clearly motivated to create some kind of change in their life, and when push comes to shove, they bail.

Have you ever been there? I have – and not just once.

Somewhere along the way, you will have attached more pain to the action steps than you did pleasure of achieving the outcome — and the feelings that come with it. At the time of purchasing, you’ll have been fully enrolled, emotionally, into a vision of what you wanted to achieve. Somewhere along the line, toward the beginning, exercise became a bore or a nuisance, and/or the diet was boring and not exciting. You missed ice cream. You caved for pleasure from instant gratification rather than focusing on long-term gain and long-term pleasure. Your survival brain wanted you to avoid the pain of not having these things and

convinced you to eat ice cream. We live in an age of instant gratification – it's understandable.

On the flip side, can you remember a time when you committed to an end goal or outcome? The motivating force behind it may have been the pleasure you attached to looking good on the beach or by the pool, or on your wedding day. It might have been so you could fit into a beautiful dress or tux, and you attached so much pleasure to looking good that you did whatever it took to make that outcome happen. The perceived pain of taking action was far outweighed by the pleasure of the outcome.

> *"The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you."*
>
> –– Tony Robbins

Go to VitalitySecret.com/vision to take part in an exercise that will help you gain clarity. When you get clear on what you want, and why you want it, and what you don't want, and why you don't want that outcome, it's power to commit and follow through until you attain your outcome. When you're inspired, allow yourself to embark upon a fun and enjoyable Vitality journey, rather than a program in which you might perceive there to be a sacrifice. I know it's cliché, but it's about the journey — a Vitality journey — not the goal.

I would say it is useful to use both motivation and inspiration to achieve your outcome. This is arguably more around getting motivated. The next Vision creation exercise is geared more towards inspiration.

Bring Your Vision into Fruition

“People are working harder than ever, but because they lack clarity and vision, they aren’t getting very far. They, in essence, are pushing a rope…with all of their might.”

— Stephen Covey

Level 2: Becoming Inspired

Motivation is one way. Inspiration is another. The pleasure and pain exercise can actually help with both. There is a distinction between motivation and inspiration. Here we will cover:

- A key difference between motivation and inspiration
- From setting goals to creating your vision
- How to be pulled forward towards your outcome
- Infusing your outcome with energy in motion to reach success

My personal view on motivation is that it comes from a place of discipline, perhaps from fear, where you almost have to kick yourself to take action — or something bad might happen. It’s a “push” mechanism. Inspiration on the other hand, is more of a “pull” mechanism. (It might also come from a place of love, rather than fear; I once read that everything we do comes either from fear or from love — I resonated with that).

Imagine being pulled forward by a compelling vision, created by you, by which you’re truly excited, that raises your energy and your frequency, rather than having to push yourself to take action? This is where the vision exercise comes in. This is a high-frequency emotion-fueled, energy-rich intention statement that will inspire you and pull you forward. And this is what I ask all my clients and participants

of my online programs to do, and I don’t like to continue with them until they have done this.

Creating Your Vision

Bring Your Vision Into Fruition with E-motion — “**E**nergy In **Motion**.” There is more to emotion than just a feeling. As you discovered in the emotional section, emotions carry a frequency. In fact, everything does. Every organ, tissue, and bone also carry a frequency. An emotion is often referred to as energy in motion. At the subatomic level, we are nothing but energy. I refer to Nikola Tesla again:

“If you want to find the secrets of the universe,
think in terms of energy, frequency, and vibration.”

Tesla was a brilliant mind. Elevated emotions of love, joy, appreciation, and gratitude raise our energy, and low frequency emotions because of fear, such as regret, shame, and resentment, cause our energy to drop. From a health perspective, we know that all disease is a result of the lowering of frequency, so we must do whatever we can to raise our energy and our frequency to remain Vibrant and Vital.

This vision exercise will help you to raise your frequency, enjoy the action, and commit until its attainment and beyond. I see this as Goal Setting 3.0. Goals are great, but they’re rarely fueled by emotion. It’s the emotion behind the goal or the outcome that inspires us towards their attainment. In fact, it's normally the transformation that takes place within us when we achieve the goal that is most fulfilling about the process, or journey, of achieving goals. And something magical happens with universal forces, too, when we combine an intention with an elevated emotion — as you saw in the Quantum section.

I often hear in marketing that people buy with emotion and justify with logic — features don't really excite us. Emotion is what triggers us to take action, and benefits are infused with emotion. We don't get excited with owning the car — we get excited by the thrill or emotion that comes with driving it. We don't get excited by "losing weight" — we get excited by the emotion of how it will impact us in our lives. It might be related to the feel-good factor of being active and Vital, being at one with nature, doing sports that raise our energy by the sheer thrill of them, or being able to climb a mountain with a loved one or family/children, exploring the world, or it might be the "looking good naked" factor in an intimate relationship, and the feeling of self-confidence that tends to come with that. You get the idea. Let your mind wonder. This is adapted from a number of my studies, and one of the books I'll attribute to this is called *The Creation Frequency*.

Exercise to Bring Your Vision into Fruition

Create a vision that is exciting to you, so it raises your energy when you write it, and also when you read it. This is the power of Vision, your *why*, and the attaching of emotion to it. Write a paragraph with your #1 desired health and healing outcomes. Desire and intention create energy in motion (E-Motion).

This does not have to take long, perhaps fifteen minutes. The purpose is that it elevates your energy, and you feel excited when you write it and read it out. I recommend reading it twice a day, once when you wake, and once before sleep.

I'd recommend starting with, "I'm so happy and grateful that ----"

Express Your Heart’s Desire

1. Present tense — describe as if it’s a current reality. Visualize how you see your life. Write based on your desired outcome. The universe works in the present moment. “The feeling is the prayer.” First believe it. Then see it.
2. Always use positive language — for example, “I have an abundance of vitality,” “I enjoy clear, smooth, sexy skin," and “I love feeling lean and strong.”
3. Emotionally powerful and authentic — energy in motion. Infuse intentions with high-frequency emotions, such as love/gratitude/appreciation. Start with the emotion you want to feel on achieving your vision/intention. Get clear on how you want to feel. The subconscious mind does not know the difference between imagination and reality.
4. Write from a place of gratitude. This opens your heart.
5. What do you truly desire? Our culture has programmed us to expect less than we are, and to settle for less. Determine what you really want.
6. Eliminate judgment — honor your heart’s true desire and trust it is for the highest good.
7. Infinite Possibility. Don’t limit yourself with your current thinking. Throw fear out of the window. Unleash the real you. What would you do if you had no limiting beliefs? Make sure intentions are free of vibrations of doubt and fear. Your heart can’t be wrong.

8. Be specific, but don’t be too attached to too many details. This is written in energy, not stone. Relax. You can change intentions whenever you like.

Write the most authentic and emotionally charged and powerful intention of what you desire right now. Intentions are conversations with a greater force, a greater intelligence. You might like to say conversations with the universe, or a higher version of yourself, whichever term works for you.

Please go to VitalitySecret.com/Vision for more pointers, and to book your Vision Creation session with me, or a member of my team.

In the final chapter of this book, we summarize how to implement and live the Four Pillars of Vitality. Let your Vitality Vision lead your Vitality journey so success of your health and vitality goals becomes *inevitable*!

CHAPTER 14

LIVING THE 4 PILLARS OF THE VITALITY CODE

“Take care of your body. It's the only place you have to live in.”

— Jim Rohn

Your body’s ability to heal is greater than you have ever been allowed to believe. When we address the Physical, Emotional, Mental, and Energy Pillars of Vitality, we can create harmony in our bodies, become illness and drug-free, Vitality-rich, and maybe even live the life of our dreams.

I hope you’ve been fueled with inspiration, curiosity, excitement, and hope, and also through the tools with which to put this potentially life-changing, life-improving information into practice. My intention with this book is that it be a manual for you to begin to reverse-engineer an illness, so you can become free from illness and pain, free from chronic use of drugs, ignite your life force energy, and live a life rich in Vitality. A hidden intention has been to raise your awareness and consciousness, so you’re excited for living your life and are more aware of the power we have as humans not just to heal ourselves, but to live a life far beyond survival, a life in which you *thrive*. When you start to understand the world of energy which starts with the physical body, you’ll know you have the power not just to heal yourself, but to also influence your world around you.

My desire is for you to uncover and step into your ‘superpowers.’ And that is far more easily accessible when your body is free from toxicity and is firing on all cylinders.

Physical Pillar

Quite often, people can change their diet alone and witness their symptoms ease or disappear. I would say these people are already oxygenated, active, hydrated, free from most non-dietary toxins, manage stress well, are not holding much trauma, and just changing their diet was enough to work.

Often, improving your diet and exercise can heal. More often than not, though, it requires addressing every Pillar of Vitality.

To heal from anything, the obvious place to start is with diet. It is the most tangible area we can address. After all, we are what we eat. That said, you might now appreciate that the #1 place to start is actually with breath, given oxygen is our #1 cell and life fuel. To be succinct, in this section I want to summarize as close to one page as I can what I believe are the codes for the Physical Pillar of Vitality:

1. **Breathe** — Are you active? If not, do your best to become active so you can oxygenate your cells. The easiest way to breathe is to do something you love that requires activity, such as a sport, dance, or lifting weights, or walking in nature. I’d also invite you to experiment with various forms of breathwork, such as Wim Hof or conscious breathing, yoga, Tai chi, or Qi gong. Anything that creates movement, and combines it with breath, is going to lead to positive change. It doesn’t have to be for long. I have a 10-minute rule. Commit to just 10 minutes a day of an activity, and this

builds up incrementally to more time, and is profoundly effective. 10 minutes a day of yoga or body weight exercises or breathwork is not a lot of time to commit, and after seven days, fourteen days, or twenty-one days, you'll start to notice the difference, and you will feel great doing it. You might wish to include one day off, but really, we can all commit ten minutes to any life-enhancing activity. In time, you´ll want to increase the duration of the activity because your body adjusts, and you feel so good from engaging in it. The more physically active we are, the more vital we are. The body is designed to move, and movement is medicine.

2. **Hydrate.** Regularly drink the purest water money can buy. Preferably, it will be spring water or well-filtered and free from all contaminants and still rich in minerals. I am a fan of electrolyzed, reduced water, due to its anti-inflammatory feature. It is also antioxidant rich. Pure water alone can lead to healing results. Consider, as well, to structure your water (go to VitalitySecret.com/codes for recommended products).
3. **Consume real food and nutrients.** Ditch the toxins or have them infrequently. You are what you eat. You are what you absorb. Toxins can lead to leaky gut and inflammation and prevent the absorption of important nutrients and minerals. Question convention. Does advice come from money and lobbying interests? What makes sense? Stick to the Nature Codes as close as you possibly can, and Nature will love you back. The closer we are to Nature, the more Vital we become. Mess with the Nature Codes and the

opposite might happen. You almost certainly cannot go wrong with a majority plant-based diet (meaning vegetables and fruits, not necessarily grains), unless there are certain plants you cannot tolerate. Whether you are a meat and fish eater or not, more vegetables are normally a great thing (unless you have an autoimmune condition for which no nightshade food — tomatoes, eggplant, potatoes, peppers — is recommended).

My personal favorite is paleo-vegan or “Pegan,” as coined by Dr. Mark Hyman. Consumers can get ample micronutrients predominantly from plant-based foods. Vegetable juicing is an effective way of ingesting a high concentration of varied colors and nutrients into one glass. Green vegetable juices raise your voltage. Last but not least, sunlight is the ultimate nutrient or, at least, allows for the creation of Vitamin D, a powerful nutrient/hormone, by your body. Ensure you soak up the rays. Be safe about it — there is no need to spend hours in midday sun and burn. Fifteen - thirty minutes early morning and/or around sunset might be all you need and expose as much skin as you can to it.

4. **Detoxify your body, daily.** This starts with breath. Ensure that you are breathing sufficiently, since we secrete 70% of our body’s toxins via breath. This means being physically active. It pays dividends to increase your heart rate. Allow yourself to sweat and your lymphatic system to function optimally. Clean your system daily with gentle cleanses like lemon water and pure celery juice on an empty stomach (unless you´re on medications that intervene, like blood pressure medications). Drink plenty of premium quality

water to allow your body to detoxify. Consider various treatments to cleanse specific organs, such as coffee enemas and colonic hydrotherapy to clean the colon, liver, and blood. On a deeper level, if you are experiencing chronic symptoms and dietary shifts don't seem to make a difference, see if you can figure out where other toxins might be coming from and consider seeing a functional medicine doctor or naturopath (or me) for support — for example: infected root canals, mercury, parasites, mold in your house, too many drugs, EMF poisoning. What is causing your voltage to drop? Check out the tooth chart for any obvious correlations. and the toxins checklist, link below.

5. **Sleep well, and consistently.** As per Dr. Michael Breus, do your best to get to bed at the same time and wake up at the same time. This helps with hormones and many other functions, and with circadian rhythms, which have a critical role to play in inflammation and immune health, allowing your body to heal.
6. **Get Grounded, daily.** Science has shown that grounding reduces inflammation in the body. Every one of our cells is electrically charged and the ground is a sea of negatively charged electrons. We absorb them into us when we are connected to it. Consider grounding sheets and pillowcases, and mats with which to work barefoot at your desk. Grounding in Nature will provide the added bonus of sunlight, greenery, and being present with it, which helps mentally and emotionally. Take a little time to walk barefoot on grass or soil, or on the beach and daily if you can. A swim in sea water is a very powerful tool for

grounding and grounding sheets, pillowcases, and mats are power grounding “hacks” to make this easier.

Ask yourself: Where might I be deficient in cell fuels and / or overloaded with toxins? Refer to the checklist of toxins or go here: VitalitySecret.com/codes.

Download “The Vitality Code BioHacks” — a standalone eBook of the latest technologies featuring many from Upgrade Labs, founded by Dave Asprey, the Father of Biohacking. There is also an incredible technology using Phototherapy (Light) that activates your stem cells throughout your body. The results I am seeing across all names of symptoms are simply extraordinary. These biohacks can assist you in bringing your body back to balance: https://VitalitySecret.com/biohacks.

Emotional Pillar

Feel the feeling, but don’t become the emotion. Witness it. Allow it. Release it.

The Emotional pillar of Vitality can be divided into two main areas — managing emotions and releasing trapped emotions and trauma. I’ve provided tools in this book to help you manage stress, create new meaning for traumatic events from the past, surrender to the now, and be in the now. I’ve also provided you with several ways to release trapped emotions and trauma.

Concepts are one thing. Knowing how to implement them is another. I´ve provided strategies and links to resources to help you do this. Naturally, you can’t do it all at once. Take baby steps and be confident that every step is going to create momentum and point you in the right direction.

1. Stress is the cause of the vast majority of illness and disease, around 90%. Whatever you can do to

reduce stress, or even eliminate it, the better. The challenge is, most of us have not been taught how to manage stress or what it really is. At the basic level, know that there are physical things you can do to calm down the nervous system, like any form of exercise, meditation, breathing deeply and various forms of conscious breathwork, a walk in nature, having your daily “reflective” time, turning off devices (phone, computer, TV, etc.), sleeping better (using tools to help you sleep if this is a challenge), reducing or cutting out alcohol, and eliminating foods that cause physical stress on the gut. The gut-brain link is real and there exists a two-way communication.

2. Stress is an internal response to external strains. Our perception of our world governs how we react to events in our lives. Two people can be faced with exactly the same event or circumstance and react very differently. The more you can respond in a neutral way, to everyday things that might normally cause you stress, the more you can develop this muscle to help you respond to more extreme events that would normally jolt your nervous system.
3. Consider that everything is neutral, and that the only meaning anything has is the meaning you give to it. A “highly strung” person will respond differently to a traffic jam than someone who many regard as chilled out or relaxed. The highly strung person will have a fight-or-flight survival response, causing blood pressure to rise, and energy and blood to drain from the gut — where 70-80% of the immune system is located. Over time, this kind of reaction will cause a weakening of the gut, inflammation, and maybe leaky gut, all

of which can lead to a myriad of symptoms depending on your genetic code.

4. “The organs weep *the tears the eyes never shed”* and *“The issues are in the tissues.”* Consider that if you get triggered by someone or an event, it’s due to underlying trapped emotions or trauma. You might call them *emotional wounds*. In this book, you’ll have come across various ways to release trapped emotions and trauma, ranging from transformational breathwork, to trauma release exercises (TRE), to The Emotion Code, to EMDR, to plant medicines like psilocybin and to ayahuasca (illegal still in many countries, so you’ll need to travel to do this). There are many ways to do this. All of these are somatic, which means you can release the energy, without having to talk with a psychiatrist for years about them.
5. *“Nerve cells that fire together, wire together.”* The more we talk about a traumatic event, the more energy goes to it, and the more we essentially relive that event. This is why I am a fan of somatic therapy, where you can release the underlying emotion and energy. I invite you to experiment with ways to release emotions and trauma.
6. *“A memory without the emotional charge is called “*Wisdom.” Unresolved trauma is normally the true cause of most illnesses, addictions, relationship problems, stress, being over-reactive, family problems, and, really, anything that causes us to fall out of alignment from our true selves. This is another reason to explore methods to release this energy that causes so much unhappiness in life.
7. The Honeymoon Effect — We know that the emotions of love create a different pharmacy of

chemicals compared with the emotions of fear. You don’t have to be in the honeymoon period in a relationship to appreciate the power of this. We can create the chemicals of love, aka love potions, almost on demand by shifting our focus and thoughts. This means becoming the conscious observer of your thoughts, which will impact your emotions.

8. We know that different emotions have different frequencies. Whatever you can do to raise your frequency, by being in a place of appreciation, gratitude, compassion, joy, love, as much as is humanly possible, this will help you to be healthier, more vital, and you’ll likely attract wonderful people and events into your life, as well. That said, it is worth noting that it is good practice to not “bypass” our emotions. Emotions are there for a reason, and they can guide us like an internal GPS. When they are unexpressed or get suppressed, that is, when, for example, you are feeling depressed, going from that into a place of appreciation and compassion is quite a leap. There are stages required to go from depression and up the “Scale of Consciousness.” It might start by asking what the feeling of depression is really coming from and finding the true names of emotions that you are experiencing.
9. Practice “the art of surrender” or, to paraphrase Anthony Hopkins, ‘expect nothing, and accept everything’ to live a happy life.
10. Consider researching plant medicines like cannabis and psilocybin for healing and for trauma release, where legal (or not at your own risk). Studies carried out throughout the world are

showing how effective they can be, at the very least, for trauma release and depression and help with focus and concentration. They are far more than that, but scientific studies are already showing their healing prowess.

11. Finally, my favorite — “supercharged” meditation, heart and brain coherence, is worthwhile practicing at least twice a day. Embody the emotion of appreciation or gratitude for someone or something in your life, while breathing steadily with your hand on your heart. It's a simple way of taking you out of fight-or-flight (sympathetic) emotion in minutes or less and into parasympathetic feelings. Go to VitalitySecret.com/heartbrain for a meditation I created and for additional tips.

The Mental Pillar

“You have power over your mind, not outside events.
Realize this, and you will find strength.”

— Marcus Aurelius (Roman emperor and sage)

None of this is possible without developing the right state of mind to want to make changes or explore what I have shared.

I believe one of the most empowering things we can do is to become our own personal best health advocate. This means assuming radical responsibility for our bodies, our health, and our lives. With this assumption comes power, and without it we are in a victim state, and we are powerless. This might be the most challenging idea to wrap your head around (it’s still a work in progress, even for me). What I can say from the bottom of my heart is that I have noticed a significant shift in my body and my life by

understanding this one principle, and many people I've interviewed and researched have mentioned how this has been essential for their reversal of their otherwise “incurable” illnesses.

It can be a daunting prospect to consider stepping into radical responsibility for your health, and ownership of your body and your life, true — but can you see how powerful and freeing this is for you?

Society has programmed us to be victims — victims to our bodies, to life in general, and victims to what I call a disease-and-symptoms maintenance system, a Sick Care System. Whatever we see in the media or on the news or in advertising, the mainstream news narrative is typically geared toward creating fear, making us victims, and to taking drugs or having surgery (when it comes to health). I’m being blunt, but hopefully you’ll start noticing that negativity. **The body does not get sick because of a pharmaceutical drug deficiency.** I know I’ve said this several times. It's a tremendously useful truth to realize. It is my absolute belief that Nature truly holds the keys, the codes, the answers for every illness and disease. The more you dive into holistic health and healing, the more confident you will be that you can instill this belief in yourself.

For me, it is more than just a belief — it's a “knowing.” It starts with a belief, then it shifts upwards to an understanding, and then it shifts upwards again to an absolute knowing.

I believe the body can heal from any chronic illness, provided the environment created within is conducive to healing. My *knowing* is that the human body is a beautifully designed, self-healing, and resilient machine. We know from the science of epigenetics that it’s the environment in the body that signals our genes, and not the genes that trigger an illness.

And we know that we are in control of our environment through how we breathe, move, hydrate, what we consume, by our exposure to sunlight and our ability to detoxify, and by our quality of sleep and how grounded we are. Now, the essential piece of the Vitality puzzle is how we perceive our world. That last piece involves our brain, the ultimate chemist. Our brain-chemist is responsible for the concoctions of chemicals and hormones our body creates. We can create the placebo, or the nocebo, purely by our thoughts and beliefs — which means we can cure ourselves of just about everything!

Energy Pillar

"Everything is energy. Your thought begins it. Your emotion amplifies it, and your action increases its momentum."

— Unknown

We are living in revolutionary times as science is catching up with fundamentals of spirituality. The bridge between Science and Spirituality is being built, and we are here to witness and experience it.

I could not write this section without requoting what I have quoted throughout, but it is ultimately what this whole Vitality and Life Journey is all about:

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."

— Nikola Tesla

I find it exciting and inspiring to know that we are more than intelligent meat robots, and that we are all energetically interconnected with what quantum physics terms *quantum entanglement*. Science has proven that, in addition to the brain in our head, we have a heart brain, and

that we have a gut brain. We can access different levels of mind, of consciousness, of intelligence — by understanding our three brains. Science has shown us that we can change the frequency of locations and the Earth, and create healing in people at a distance, with group meditations. I hope you, too, are excited and inspired by this!

On a less explainable science level, we humans have access to, and are a part of, some kind of field of intelligence, call it Infinite Intelligence, or Source Energy, The Quantum Field, or call it what you will. This enables us to explore beyond the limits of convention and society, to live a life beyond our current limits. Not only can we heal our bodies with energy and with thought, and with emotion, but we can also affect our world around us — with intention. We can maybe create and certainly notice synchronicities in life. These “happy accidents” (synchronicities) show up more and more, the more we tune into them and notice them. It's part of life’s magic that we really become aware of only when we detach from or, at least, limit our exposure to conventional ways of living. It might mean taking a step back from the news, from TV, from entertainment, and exploring what can happen when you “go within” yourself.

One of my favorite ways of doing this (other than stepping into nature or playing the piano) is with breathwork. I consider it a method to leapfrog years of practice with meditation. It can alter our state of consciousness very quickly and, in time, can bring peace and harmony into our lives. I’ve now led a Wim Hof breathing group for almost three years. I was doing this form of breathing years beforehand and leading this group has opened more doors due to our co-creative experience. Doors of discussion afterwards normally involve the topic of energy and the quantum realm. Life is getting more and more exciting, and I’d love for you to feel this way, too.

I invite you to start a form of breathwork and/or meditation and attend the White Dove masterclass that is referenced at the start of Chapter 12 under “Becoming Superhuman.” Go to VitalitySecret.com/energy. We have what can only be described as superhuman powers. Interestingly, the cleaner our body is, the less inflamed we are, the fewer toxins we have in it, the more Vital we are, the faster we can access a state of consciousness that provides for freedom and deliberate creation in the world of energy.

I invite you to watch documentaries that explore this way of living — maybe suspend Netflix for a while and subscribe to Gaia and Mindvalley. This content will blow your mind. I invite you to stop watching the news, or at least limit your exposure to it until you are healed (if you have an illness currently). It is mostly fear-mongering, and a lot of it isn’t even true; it creates polarization among friends and family and, ultimately, it programs us and suppresses our consciousness. We are far more than separated beings in meat suits.

Knowing scientifically that the heart has a brain, and that we can change our biology by tuning into it, might inspire you with curiosity to dive into this realm of learning and existence. Plant medicines such as psilocybin and ayahuasca can help us understand this realm. We know that highly successful people — including billionaires and many who work in Silicon Valley — are using these psychedelics to access deeper states of creative flow and the altered states of consciousness to access higher levels of mind, for inspiration and problem solving. We also know from couples counselling and from deeper studies such as those carried out at Imperial College in London, that such plant medicines and even MDMA (which is admittedly synthetic) can help people recover from trauma, depression, and addictions.

And when you heal your trauma, you can allow your body to heal.

Are you ready to dive into a new world of energy, bending reality, collapsing healing time, accelerating your results, and more deliberately attract what you desire into other areas of your life?

Refer to Going Quantum in Chapter 12 for specific practices. I invite you to start by disconnecting from electronic devices frequently, stepping into Nature, engaging in breathwork and short, guided meditations.

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I invite you to create your Vitality vision, write it down, and apply the principles in this book to bring your vision into fruition. Tie it into your most innate needs and desires, be excited by it, energized by it, inspired by it — and enjoy the journey!

Reflecting on the words of Yoda: “Are you ready to unlearn what you have learned?” Are you ready to connect back to Nature? Mother Nature holds the answers. We just need to figure out where we have become separate from *The Nature Code*s and get back into alignment as swiftly and as comfortably as we can. Sounds so simple doesn’t it...

Once we put aside the beliefs that have been ingrained or programmed into us over the years (which lead to a very limited life), we can open ourselves up to a whole new world of opportunity, personal power, an ignition of Life Force energy, and enlightenment.

Knowing that we can heal the body through thought alone is one of the most profound discoveries I’ve made. Knowing that everything is energy, frequency, and vibration, and how we can impact our lives around us (not just our physical bodies) is one of the most exciting discoveries I

have made. I hope you can have fun with this, too. Maybe you'd like to learn to see with your eyes blindfolded or remote view, or heal yourself and others with energy? Maybe you'd like to communicate with other realms — the list is endless.

We truly have what can only be described as "superhuman" powers. Most people are just not aware of them. I invite you to pursue the additional links I've provided and hope you become excited about what is going to unfold throughout the world.

I concluded my last book with, "Be curious, question convention, and live with vitality."

As well as reminding you of my Epiphany #1, that, "*Your body's ability to heal, is greater than you have ever been allowed to believe,"* I'd like to leave you with my starting quotation in Chapter 1:

"There is a vitality, a life force, an energy,
a quickening that is translated through you into action,
and because there is only one of you in all of time, this expression is unique."

— Martha Graham

VIVA VITALITY!

CONNECT WITH ME, AND RESOURCES

Resources:

VitalitySecret.com/codes

https://vitalitysecret.com/ – main website with links to online course

https://vitalitysecret.com/coaching - for private coaching

https://vitalitysecret.com/transformations - client results

https://Instagram/NeilCannonVitality

https://www.linkedin.com/in/neilcannon/

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https://www.youtube.com/neilcannon80

https://twitter.com/Vitality_Secret

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